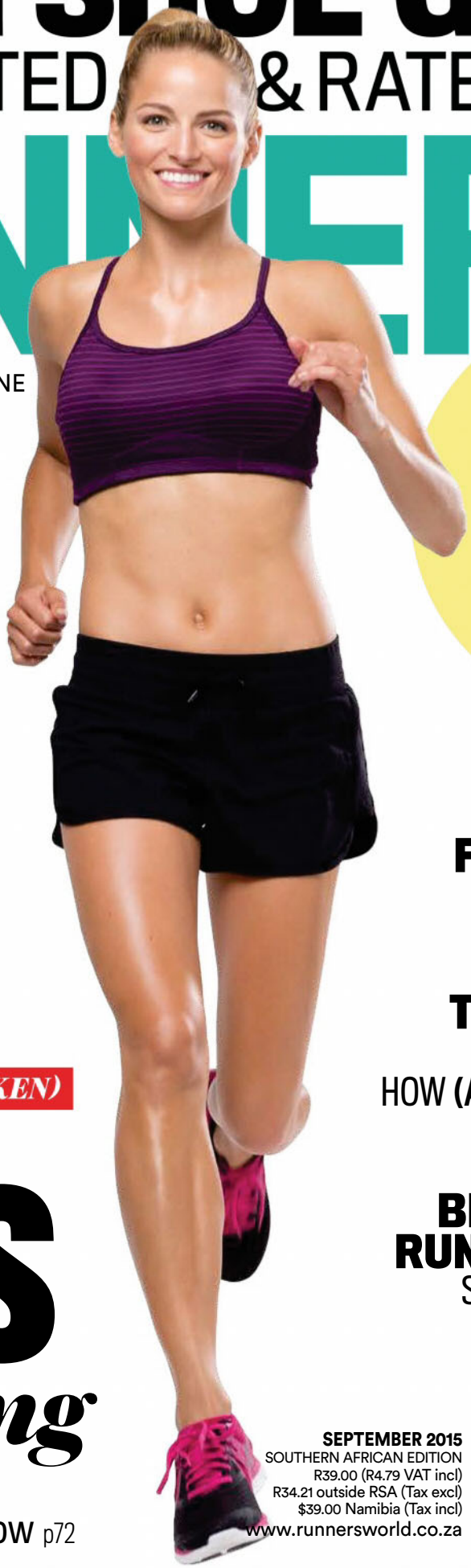
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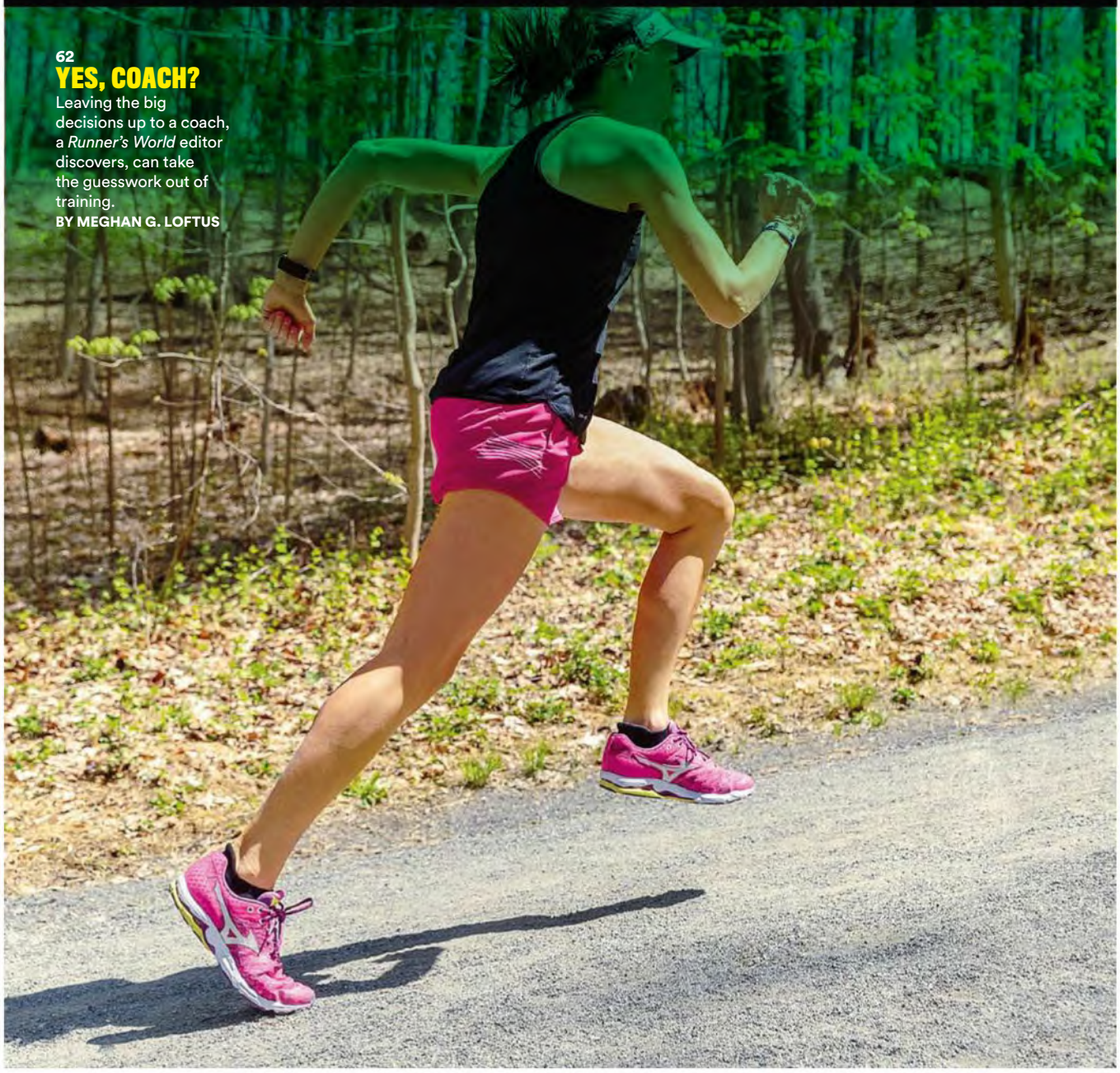

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WARM-UP

SEPTEMBER
2015

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ON THE COVER

SEPTEMBER 2015



Runner – Ashley Novak @ Fusion wears crop top by New Balance, shorts by Lorna Jane and shoes by Asics.

Hair & make-up by Charmaine de Kock

Photographed by Igor Polzenhagen


HOLD BACK
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THE INBOX

WINNING LETTER

GET REAL

People say the Washie Warriors are insane to attempt such a long-distance race (160km) – but in fact, it's quite sane. It's an opportunity to connect with your inner self, foregoing all the false pretences and candyfloss lifestyles we lead in the city, where we hide behind our intellect and circumstance and imagine we're in control. This is where you find out exactly what you're made of. Either you won't like the answers, or you'll be overwhelmed by your own strength. The finish line is as much an anti-climax as it is a relief; you'll wish you could spend a little while longer in that place where everything is real.
- MEGAN DAVEY, JOHANNESBURG

HEAD START

In the June 2014 edition of *Runner's World,* I remember reading about concerns raised by the organising committee of the Comrades that participants were getting 'older'. I'm a 22-year-old varsity student, and I ran my first Comrades this year. By running the iconic race, I wanted to show other young runners that an ultra marathon isn't a goal that should be put on hold until you're 'old enough'. If we hope to reach quadruple green, joining the likes of legends Louis Massyn and Wietsche van der Westhuizen, then we have to start now. - BERDENE NELL, CAPE TOWN

RUNNER'S WORLD reserves the right to edit readers' submissions. All readers' submissions become the sole property of ***Runner's World*** and may be published in any medium and for any use worldwide.



This month's winning letter will receive a **Wahoo Fitness Blue HR Heart Rate Strap**, valued at R900. The Wahoo Fitness Blue HR Heart Rate Strap connects wirelessly to your Bluetooth 4.0-enabled iOS device (no adapters needed!), and delivers accurate, real-time heart-rate data through the free Wahoo Fitness App. You now have heart-rate data, playlists, your phone, GPS maps and more – all on one device! **Write to: *Runner's World,* PO Box 16368, Vlaeberg, 8018; Fax: 021 408 3811; or email: rwletters@media24.com** (letters must be no longer than 100 words and must include your name, address and telephone number or email address).

WE'RE ALWAYS RUNNING AT RUNNERSWORLD.CO.ZA

RATE YOUR RACE

KNYSNA FOREST MARATHON

"One of my favourite halfs! Amazing organisation, and I loved the forest ascents and descents." – Natasha Winkler

"Great race! Well planned, and beautiful scenery. I'll do it again." – Junet Olivier

"Ouch... those two downhills, with that long uphill in between, killed the knees." – Andre Oosthuizen

"My first, and definitely NOT my last." – Cathy Attenborough

"Very well organised. I'll be back next year." – Laubcher van Zyl

VISIT WWW.RUNNERSWORLD.CO.ZA/EVENTS AFTER YOUR RACE TO SHARE YOUR EXPERIENCE.



THE GALLERY

#INSTARWRUN

We asked runners to show off their race experiences. Here are four submissions that made us envious.



"Chana is becoming a regular park runner! And getting better every week!" *– greg_boucher*



"Played around among the Paarl rocks this morning. Thanks for yet another awesome event @wildrunnerza" *– jeanneadonis*



"Tuesday tekkie time" *– hdsweers72*



"With the introduction of Yasso 800's, marathon training Week 8 kicks into high gear." *– kellyhook_ct*

THE CELEB TWEET

#1YEARTOGO #RIO2016 - @USAINBOLT





LOVE OUR TRAILS

Disappointed by the litter and graffiti he saw on Platteklip Gorge, Table Mountain, trail-running enthusiast Blake Dyason has begun documenting his clean-ups on film, to create awareness about looking after our trails. The first was with a group of volunteers who cleaned up Platteklip Gorge for their 67 minutes to Mandela, on Mandela Day.

The initiative has already garnered support from Cape Union Mart, Red Bull, Tuffy, SANParks and Enhanced Sports. Dyason hopes to create an international trail standard.





Here's a breakdown of what was collected:

- **70%** Plastic Bottles **(+/- 480 bottles)**
- **10%** Cans **(+/- 120 cans)**
- **9%** Various **(sweet packets, stompies, etc)**
- **5%** Glass Bottles **(40 bottles)**
- **1%** Clothing **(including 6 shoes)**

THE CONFESSION

YOUR QUIRKY HABITS

"I always tap my shoes together before putting my feet into them. I tell myself it's to get rid of small stones, but really it's more of an oddity." **- Noeleen McCallum**

"I don't like running over drain covers. I've no idea why." **- Sandi Martin Bradley**

"I grunt and scream when I'm pushing through the pain barrier." **- Stephanie Dare**

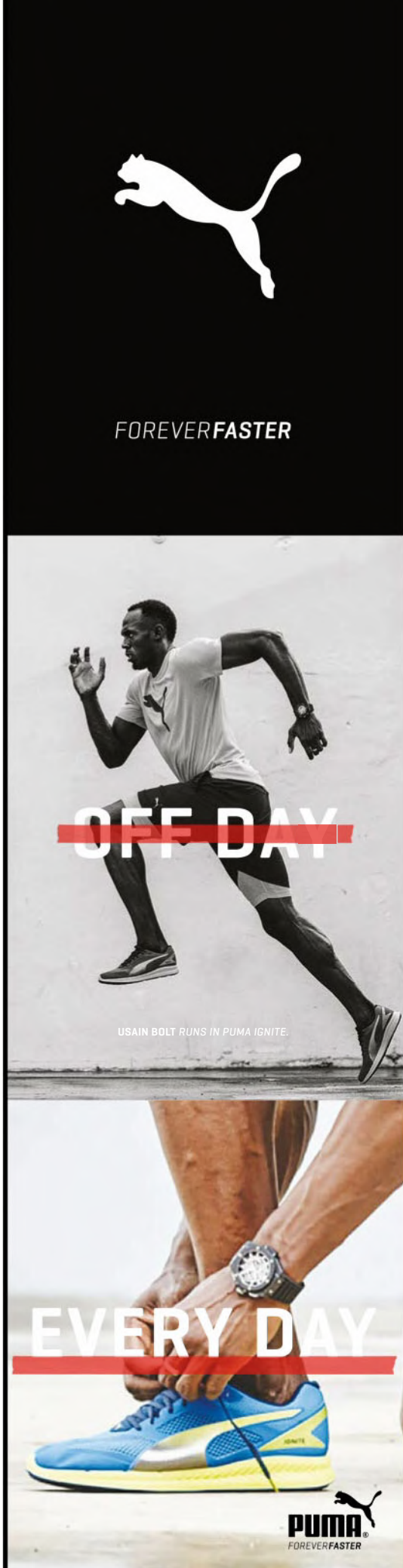
"On the last bit of my run, I sing *Shake It Off*." **- Jessica Danielle van Schalkwyk**

"I rotate my left wrist in rhythm with my stride." **- Maggie Bee**

"When putting on my running gear, I have to put on the right shoe first." **- Lizelle Meyer**

"If I start on the right side of a running buddy, I have to stay there for the entire run." **- Deb Moore**

"I try to keep up with cars that pass me – even if it messes up my pace." **- Jordan du Toit**



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WARM-UP

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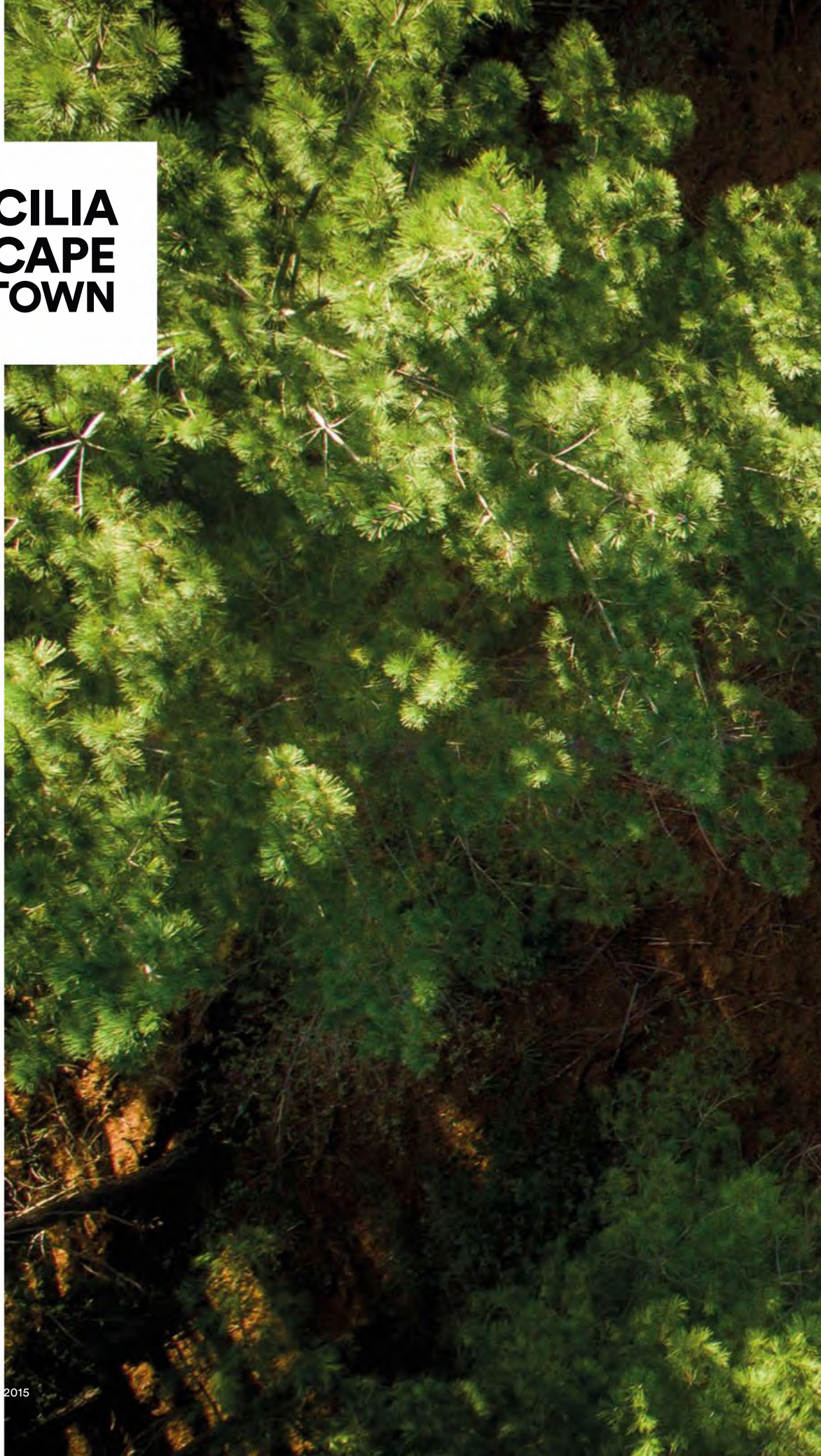
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CECILIA FOREST, CAPE TOWN



PHOTOGRAPHS BY
Nick Muzik

RUNNER (& WORDS BY)
Ryan Scott

GPS LOCATION
33°59'55.69" S
18°25'34.69" N

TERRAIN
Unlike many of the rocky trails on Table Mountain, Cecilia Forest is mostly friendly underfoot. For long stretches you'll find yourself running on a bed of pine needles, so thick and springy it feels like those conveyer-belt walkways at airports that give a playful bounce as you push downward.

BEST TIME TO RUN
At sunrise, when the ground is dewy and cool. The sun comes streaking through the trees in thick shafts of light, which fight gallantly to bend around tightly packed trees. Run north to south, lest you be blinded by direct sunlight, which could result in a stubbed toe. On summer evenings, it's cool beneath the tree canopy, and it's worth bearing in mind that the sun dips behind the mountain much earlier than sunset all year round.

THE RUN
Expect a variety of different backdrops, terrain, smells, vegetation, and even temperatures. On the slopes between Constantia Nek and Kirstenbosch Gardens, you'll find a latticework of singletrack and jeep-track trails. There are →



RAVE RUN

CECILIA FOREST, CAPE TOWN

few flat sections on the slopes of Table Mountain, but overall the gradient is gentle, and only the occasional section will require you to work a little harder. Pine and gum trees have a magical way of flattening the gradient, anyway.

The forest isn't large enough get lost in, but if you do find yourself in unfamiliar territory, simply head downhill until you reach Rhodes Drive, then take a left and follow the trail back to the main parking lot.

INTERESTING FACT

Leave the parking lot and turn left immediately onto the singletrack. Run for two kays along a glorious path, until you reach a stand of gnarled trees that look as though they have faces that might offer you a "good morning" at any time. These are old cork trees, planted 300 years ago by Simon van der Stel as part of his wine industry ambitions. Even though they're not indigenous, because of their history they'll be protected from felling for the rest of their days.

GETTING THERE

On the M3, drive south past UCT and follow the Kirstenbosch Gardens signage, but pass the entrance to the Gardens and continue onto Rhodes Drive. Look out for the Cecilia Forest parking lot – it's recently been extended to accommodate a lot more cars. There's no charge, and normally there's a car-guard.

INSIDER TIP

Runners get free entry, but cyclists and dog walkers face hefty fines if they don't have a permit. And a warning: treat all mushrooms as poisonous unless you're sure!

FOR MORE AWESOME RUNNING PICS, VISIT **WWW.MYRUNNERSWORLD.CO.ZA/INSTARWRUN**.







THE THURSDAY TEAM TROT



Every Thursday the RW team go for a team trot. It's doing what we love...

Every Thursday, the team at *Runner's World* switch off their computers and head out for a lunchtime run (see page 33 for proof). It's become a bit of an institution, and everyone from our marketing staff to our online team is a part of it – but as a result, there's a wide range of abilities on show.

RW deputy editor Lisa Nevitt has spent far too much time on the track getting fast, and she and twinkled-toed Alana Doyle – senior designer on *Bicycling*, our sister title – are mostly responsible for the max heart rates I often reach just trying to keep up.

But while Lisa and Alana set a cracking pace up front, a few of our team are slower, and are using the Team Trot to get fitter. Online editor Kirsten Curtis, for instance, has finally decided to stop having children and is using the Thursday lunch runs to get back into shape, since her mornings and evenings are packed with kid stuff.

It's also a chance for us as the *RW* team to bond together over an activity we all love, and take a midday break in the process. There's excited chatter in the lift down to the square where we start, and I always feel proud as we walk past the other – more sedentary – magazine offices, all dressed up in our running kit.

To ensure that everyone enjoys the run we often divide into two groups: a longer one for the faster runners, and a shorter version for the less fast. Both routes finish along the same final kilometre, and the aim of the faster runners is to catch up to the slower group, so we finish together.

Yesterday we changed it up a bit, with an impromptu group run we nicknamed 'Jog Backs'. The idea was for the faster runners to use the slower runners as markers, but along the same route.

Starting behind the slowest runner, the faster runners accelerated to 1km pace to a chosen point further up the road, before jogging back to the slowest runner again, then turning and heading back up the road at pace again.

It was a fartlek session of sorts, and ensured that all of us – from the slowest to the fastest – got a serious workout, but still finished at the same time.

I thought the idea was a good one at first, but by halfway through the course, Lisa and our marketing assistant Richard had set such a pace on the intervals that I was forced to admit defeat.

After one particularly hard interval we were all gasping for air – hands on knees, quads quivering with the effort.

"*Sjoe*, that was hard," I gasped. "It's great, isn't it?" Richard said. It was.

"*Sjoe,* that was hard," I gasped.
"It's great, isn't it?" Richard said.
It was.

MIKE FINCH
EDITOR-IN-CHIEF @MikeFinchSA



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CAPE TOWN

UCT Sports Grounds

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"I NEVER MISS A RUN." A TIME-CHALLENGED ENTREPREUNER RAN IT OFF. p22

HUMAN()RACE

p23

NEWS, TRENDS, *and* REGULAR RUNNERS *doing* AMAZING THINGS



THE COMEBACK KING

10 YEARS IN THE MAKING

NAME:
ROJEAN HANEKOM
AGE: 30
OCCUPATION:
STRUCTURAL ENGINEER

Rojean Hanekom had an accident in a swimming pool that left him paralysed, and suffering from Brown-Séquard Syndrome – a rare spinal cord condition. He faced the prospect of never walking again. But in a show of resilience rarely seen outside of Hollywood movies, Hanekom came back strong. Not only did he regain his ability to walk; this year, 10 years after the accident, he finished his first Comrades marathon. How did he manage this remarkable comeback?

By André Valentine

PHOTOGRAPH BY **KEVIN SAWYER**

HUMAN RACE

On the day of the accident, 13 January 2005, a friend and I were playing, seeing who could dive into a shallow pool and swim to the other side without coming up for air. But on my fifth or sixth attempt, something went wrong – I hit the top of my head against the pool floor.

I was paralysed immediately, and unable to breathe. My friend didn't react at first, because he thought I was just trying to see how long I could stay underwater. But after a while he realised I'd been under too long, and jumped in to get me out. By then I'd already blacked out. He struggled to lift me out – accidently dropping me twice – before he could lay me down at the edge of the pool.

X-rays revealed my neck was broken at the C5 vertebra, which may have been caused by the immediate impact, or from whiplash when my friend accidentally dropped me. Brown-Séquard Syndrome was a result of my spinal injury.

Brown-Séquard Syndrome meant I lost all sensation on my left side, so I couldn't feel pain or temperature; and my muscle movement on my right side was impaired from the neck down. However, I'm extremely fortunate that I only suffer from a mild form of the syndrome.

I promised myself two things: that I would go back to varsity to continue my second year of studies by 1 March 2005, and that I wouldn't stop fighting to get better. I refused to believe that I would never be able to do the things I could before the accident.

It's not something that will go away. But like being blind in one eye, you learn to deal with it. I still have exactly the same 'defects' as I did 10 years ago; the only difference now is that I know more about it.

I started cycling, because *[with the right bike set-up and technique – Ed.]* it's less strenuous on the spine. Through physiotherapy and biokinetic exercises, I concentrated on cycling and orbital movements, until my muscles were strong enough to withstand the impact of running. It was only around three years ago that I started trail running.

When I moved to Durban I watched the Comrades. When the athletes ran past, I wanted to emulate them. So two years ago, I did the PMB 21km road run – the furthest I'd run before that was only seven kays. I enjoyed the whole atmosphere, and made another promise to myself: *I will run the Comrades to experience that feeling.*

BROWN-SÉQUARD SYNDROME: WHAT IS IT?

Brown-Séquard Syndrome is a rare disorder of the spinal cord. It's a type of incomplete lesion, resulting in impairment to one side only of the spinal cord; the other side of the cord is left intact and functional. The syndrome occurs in about two per cent of traumatic injuries to the spinal cord. The most common effect of this syndrome is paralysis on the side of the cord that has been damaged, resulting in loss of sensation on the functional side of the body.

For more info, visit brownsequard.com

I finished Comrades in 11:51.58. *I've paid for the whole 12 hours,* I thought, *so I might as well use them!*

I'd been told that Comrades is addictive, but I don't feel that way. I've decided to do it again next year, for a back-to-back medal – maybe next time I'll even pick up a bronze – but after that, I'm done with Comrades.

I love racing. Participating, the spirit on race day, and sharing the experience with friends. I don't think I'll do many ultra-marathon races; however, I'm eager to attempt the Two Oceans next year. After that, I'll probably stick to marathon distance as a maximum.

I'd describe myself as active. Mountain biking and trail running are fun and adventurous; there is ease, flow and rhythmic movement in running and cycling on the road. And nothing beats a round of tennis with friends and family.

The syndrome occurs in only 2% of spinal injuries – even rarer, sufferers can run Comrades.



PHOTOGRAPH BY KEVIN SAWYER

The Singlet

BECAUSE RUNNING ISN'T JUST ABOUT STRING VESTS.





When is it okay to wear the same (dirty) gear twice?

"If you've been out all night celebrating your PB."
– Lebogang Pine

"If you passed out, only to wake up the following day and have to run home."
– Jacobus Groenewald

BELITTLE A BRAGGART

A co-worker is very competitive. He beats me at races, and then rubs it in every Monday, even though I told him I run just for fun. How do I get him to stop? – RON, East London

With words, belittle his achievement – assuming he trains harder than you, and takes running more seriously. When he chirps you, remark, "It's amazing how you only beat me by a fraction, considering how much racing me consumes your life."

With actions, crush him like a paper cup. Tell him, "I'll race you once – just once." Then, dedicate yourself to training, and make sure you win. (Cue *Chariots of Fire* meets *Karate Kid.*) Next time he'll think twice about rubbing minor race victories in your face.

STINKY PANTS

How often can I wear my running shorts before they need washing? – NEIL, Paternoster

Look, I'm of the school of thought that you should wear a fresh pair of everything (save your hat) each time you run, but sometimes the running route of life throws you a manhole. Perhaps you messed up your laundry. Maybe you're travelling, and didn't pack a spare pair. Whatever the case may be, sometimes you have to wear something twice. Shorts, and maybe even a T-shirt, are okay, but I'd draw the line at undergarments. Socks and jocks need to be fresh if you don't want to be branded a biohazard, or cause panicking stampedes each time you waft into view.

These are my rules: the only person who truly knows your level of sweat, hygiene and odour is you. Some things are better left unsaid, but in the interests of my readers' education, I'll ask (not wanting an actual answer, you hear?), Do you sweat like a Greek finance minister in the hot seat? Do you run far enough to exacerbate sweating? Would people be able to smell you and your funky junk if you wore your shorts two days in a row? Now take those answers, and make an informed decision.

GREAT EXPECTATIONS

I plan to win a marathon next year. Any advice? – SANDRA, Johannesburg

Got oodles of time and money to do nothing but train in the Kenyan Highlands, under the guidance of mean taskmasters? Then your chances of winning a marathon are improbable. What's the point? I hear you ask. To be better each time you lace up. Stop looking at the overall race, and other competitors, and focus on your own race. If you keep beating your previous marathon times, then you'll win each and every one.

PHOTOGRAPH BY ALEXANDRE GIRBAL © THE NORTH FACE® ULTRA-TRAIL DU MONT-BLANC®

ILLUSTRATION BY **ANDY REMENTER**



YOU ASKED ME
Trail star Ryan Sandes

Olympic Dream

Do you think trail running will ever become an Olympic sport?
– HELEN, Port Elizabeth

It's every sportsman's dream to win an Olympic medal, and I'm no exception, but I don't see trail running becoming an Olympic sport, simply because the Olympics take place in major cities, where there's limited access to big mountains.

One alternative would be to build a shorter, artificial trail, but running laps would destroy the soul of trail running. Turning it an ultra-distance cross-country would do away with the adventure of running from point A to point B. And you couldn't recreate the atmosphere of the Ultra Trail Mont Blanc, or the vibe of the Western States 100-miler, on a lapped course.

Another aspect to consider would be whether spectators (especially non-trail runners) would want to watch an event that could possibly last up to 10 hours, assuming the distance was 80 kilometres. I think the answer would be no.

However, I'm excited about the future of trail running. The sport is booming all around the world, because the races are becoming a lot more global and competitive. It's also great to see that the number of spectators watching the sport has increased dramatically over the last few years – some races in Europe attract over 30 000 spectators.



Ryan Sandes, a.k.a 'Hedgie', is a trail-running supremo, with race wins too numerous to mention.

DOWN TO BUSINESS

A time-challenged entrepreneur starts a confidence-boosting weight-loss regime.



TRACY SKELLERN

Age: 38

Home Town: Pretoria

Height: 1.6m

Occupation: Entrepreneur

Time Required: 1 year

Then: 82kg

Now: 61kg

THE WAKE-UP

I had to work long hours to get my first business off the ground, and that meant I often ate late at night, when the only thing convenient was junk food. I'd also given up smoking, and turned to snacking when the cravings kicked in.

One day I caught sight of myself in the mirror and I was shocked by how much I'd let myself go. I wasn't happy with what I saw.

THE SHAKE-UP

I was never on a diet as such. Rather, I made a conscious effort to change my lifestyle and consider the choices I made more carefully. When my partner came home from work each day, we'd go for a walk. I enlisted the help of a personal trainer, and when I got a bit fitter, my partner and I decided to follow a couch-to-10-K running programme. I finished my first 10-K race in May 2011.

I suffered almost every running injury in the book, but I was lucky to find a physiotherapist who was also a keen runner. Not only did she help me to heal; we became firm friends, and she encouraged me to go further in running than I'd thought possible.

The more kilometres I ran, the more the kilograms melted away. I began to enjoy running so much that it ceased to feel like a chore.

THE REWARD

I'd say consistency has been my biggest running achievement: rain or shine, on holiday or at home, I never miss a run. I've run many more 10-kilometre races, and even a few half marathons.

I honestly used to think that being overweight was in my genes, but since I started running, I've become a leading example of the fact that anyone can run if they put their mind to it. I'm healthier – and most of all, happy in my own skin. – *As told to Lisa Nevitt*

HAVE YOU RUN OFF SIGNIFICANT WEIGHT AND CHANGED YOUR LIFE? SHOW US YOUR BEFORE-AND-AFTER USING **#RWIRANITOFF** ON INSTAGRAM OR TWITTER, OR EMAIL YOUR STORY TO RWLETTERS@MEDIA24.COM.

PHOTOGRAPHS SUPPLIED.

HUMAN RACE

RUNNER BY THE NUMBERS

PHIL ANTHONY

ULTRARUNNER, 33, CANTERBURY, UK

The PhD student and sports science instructor at Canterbury Christ Church University made himself the subject of his own gruelling lab experiment in December, when he set out to break the Guinness World Record for the fastest treadmill 100-K. "I massively underestimated the mental effect, compared with running on the road," he says. "It was so, so tough." Still, with a time of 6:40.35, Anthony crushed the 10-year-old mark – 7:21.40 – despite a bout of GI distress. Now *that* takes guts. – **NICK WELDON**



4:04

PACE PER KILOMETRE ANTHONY AVERAGED DURING THE 100-K

20

Minutes faster his time could have been had he not taken a toilet break due to a "funny tummy"

55

The longest distance, in kilometres, he'd ever run prior to the 100-K record run



2

NUMBER OF GELS HE PLANS TO INGEST DURING HIS NEXT RECORD ATTEMPT: THE 50-K. HE'LL SPACE THEM OUT OVER THE RUN TO AVOID GI ISSUES

24 267

APPROXIMATE NUMBER OF KILOJOULES ANTHONY BURNED DURING HIS RECORD TREADMILL RUN

£100

OR ABOUT R1 960, THE BET MADE BY ANTHONY'S FIVE BROTHERS THAT HE COULDN'T BREAK 2:37 IN A MARATHON



2:16

Anthony's time in the 2012 London Marathon, his first marathon – good for 20th place

41

MINUTES - THE AMOUNT OF TIME HE SLICED OFF THE PREVIOUS RECORD

PHOTOGRAPHS BY MIKE HEWITT/GETTY IMAGES (ANTHONY RACE PHOTO); THOMAS MACDONALD (GU); COURTESY OF CANTERBURY CHRIST CHURCH UNIVERSITY (TREADMILL RUN)



ASK THE COACH
Biokineticist
Lindsey Parry

Junk Miles

I'm training for my first marathon, but while I'm finding the actual running easy, I'm struggling to recover from long runs, and often skip training the next day. Am I running 'junk miles'? – KATE, East London

There's a big difference between chasing a time in a marathon, and aiming to finish your first. The articles you've read about 'junk miles' are usually aimed at people who are training hard for a fast marathon. 'Junk miles' means they're running their easy runs too hard, leaving them too tired to complete other workouts.

In your case, you're either increasing the length of your long run by too much each week, or you're running your long run too hard. This is the reason you struggle the day after your long run. And adding harder interval training into a week that already sees you too tired will only increase your fatigue and risk of injury.

Easy days are essential to build endurance while you're recovering from hard sessions. Build mileage systematically – at a lower intensity, over an adequate number of weeks – and you'll give yourself the best chance of consistent training, without breaking down due to injury or illness.

Trust your programme, ease back on the long run, and incorporate some walk breaks. In a few weeks, you *will* finish your first marathon.

Lindsey Parry is a qualified biokineticist, Two Oceans and Comrades silver medallist and 2:47 marathoner. Email him at lindsey@hpc.co.za.

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Planet Runner

BY BRUCE DU BOURG



RUN, BABY, RUN

Parenthood – through the eyes of a runner.

The news that Caroline and I were going to have a baby changed our lives. As we stood in the kitchen, staring at two pink stripes on the testing stick, it was as if the stars were taking a moment to re-shuffle, in anticipation of the looming chaos.

We'd always had a solid running relationship – it was to us what movie night was to other couples. We'd covered a lot of conversational ground during our two-hour stints on the road, and fortunately, we ran at the same pace. But now I made the reasonable assumption that our 'movie nights' would have to stop. My wife's running shoes would have to learn to get along with the cobwebs in the broom cupboard.

I was wrong.

We did stop running, but that was only because I developed kidney stones seven months into Caroline's pregnancy. Instead of putting her feet up, as I'd expected, my wife appeared geared up and raring to go, every time I announced my intention to run. As her pregnancy evolved, so too did our 'movie nights'. She added a few seconds per kilometre, and I ran extra loops or doubled back, so I was never too far ahead.

"The parent who didn't run with the baby would be obliged to run with the dogs."

In the early hours of an October morning, Caroline gave birth to a beautiful little girl. Her labour had lasted throughout the night, a sign of sleepless nights to come.

It's been said that breastfeeding is the equivalent of running a half marathon every two days. So I endeavoured to run three times a week, to make sure I wasn't falling behind in our training schedule.

And I remember how happy it made me, despite my itchy eyes, poorly-groomed hair, and inside-out T-shirt.

The call of a hadeda would sound uncannily like the cry of a baby, causing the hair to stand up on the back of my neck. An even stranger phenomenon was the comforting smell of soiled nappies, which I imagined to be wafting under my nose when I ran past the park. Of course, there were no nappies.

After six months, the craziness of looking after a newborn subsided, and in its place, our little daughter became eligible to travel in a jogging pram. Up till then, to our disappointment, she'd been completely intolerant of riding in a conventional pram at walking speed. But for some reason, when she was flying down the road in her jogger pram, her face lit up with utter contentment.

It became Caroline's ambition to run a five-kay race in under 28 minutes, while pushing the jogger pram. This objective was driven mostly by her desire to spend time bonding with our baby. But in part, her motivation was a little more devious: we'd agreed that the parent who didn't run with the baby would be obliged to run with the dogs instead – and that meant being dragged through the streets by a pair of over-energetic hounds.

Yes, my wife and I make a ludicrous picture as we make our way up and down our suburban roads. Whenever we tackle a hill, I'm heckled by passers-by for making my wife push a pram up a steep slope. When we run downhill, people ask who's taking who for a run – me, or the dogs? But our funny herd of runners is unperturbed by commentary, and we've continued our silly scene three to four times a week.

As our lives have evolved through these different stages, we've never stopped running. It might not look the same as it once did, but every stage has represented a new chapter, with its own set of challenges. As I watch our eighteen-month-old daughter tearing around the garden, I can't help but think that a journey has just begun – exciting running adventures await all of us.

ILLUSTRATION BY ISTOCKPHOTO

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Road Scholar

BY CRAIG JARVIS





THERE'S ALWAYS ONE

Does watching a runner make a marathon look easy have the same effect on your own?

I was still reliving the pain, cramps and agony, so fresh was my first marathon. Yet here we stood – my long-suffering wife and I – at the start of our second. Only this time, we were approaching our race sensibly. We knew we had the legs to go the distance, all that remained was to figure out how to get to the end in slightly less pain.

So, fighting the urge to fly ahead with the elites at the front of the pack, we held back as much as we could. In slowing down, we found our groove. But after about 10 kilometres, one of the other competitors ran straight through said groove. He was running in the opposite direction.

When we asked him what he was up to, he casually explained he'd already qualified for Comrades, and was merely using the race as a training run. That he'd doubled back to add even more distance. He didn't look as though he was experiencing any pain, cramps or agony. Quite the opposite, in fact – he was as fresh as a daisy.

Isn't it funny how seeing a runner make a marathon look easy causes you to dwell on your inadequacies, pain, cramps and agony? He shouldn't have rubbed it in; but luckily for him, at that stage we still had the sense of humour to let it go.

"...fresh as a flower, grinning from ear to ear, and doubling back to get more mileage – even at that stage."

Only later on in the race, our 'dear friend' made the mistake of trotting past, turning around just in front of us, when we were struggling up a testing hill.

TALK ABOUT A BUZZ KILL!

"Doesn't he realise how demoralising this is?" I asked rhetorically. A fellow participant muttered a swear word that fittingly described the culprit, and another declared wistfully that a downhill section wouldn't go amiss.

And with about 12 kilometres to go, our irritating bugbear returned, still fresh as a flower, grinning from ear to ear, and doubling back to get more mileage – even at that stage.

I'm not sure if he intended to break our spirits, but this time there was more disapproval, some of it quite loud. Some of it coming from my wife and me. This guy was killing us!

Our goal for this marathon was to finish slightly faster, and in better shape, than in our first. But by the time we reached the final kay, we were stopping every few hundred metres to walk a few hundred metres.

So when we saw that moron (of marathon proportions) heading towards us for the last time, not one member of our exhausted, motley crew held back. This time, I think he sensed the wall of hate he was heading towards; he turned around early, and scampered off.

As we watched him, we spotted the bouncing flag of the five-hour bus ahead. "Babe! We could make a sub-five!" I told my wife.

As we hit the final grass stretch, we realised it was going to be close. Around the last corner we could see the finish line, but we couldn't see the clock. It was heads down, no time to listen or look at watches. We surged over the line together, and heard the commentator call out a time: 4 hours and 59 minutes.

Turns out the anger coursing through our bodies had been the impetus – that little bit of adrenalin we needed for our final surge over the finish line. Maybe watching our nemesis mince around, fatigueless, actually gave us some subconscious inspiration.

Then again, maybe not – perhaps we were just more prepared this time.

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RW SEPTEMBER 2015



Easily accessible, the Atlas Mountains are an escape from the bustling cities.

Casablanca. Marrakech. Tangier. Just the names of Morocco conjure up exotic sights, sounds and smells: busy, colourful and crowded old cities; the rugged Atlas Mountains; the Sahara Desert; and a sparkling coastline, peppered with Mediterranean resorts and wild, Atlantic surf spots. Long a travel magnet, Morocco is an island of stability that has escaped the sea of turmoil that followed the Arab Spring (a wave of demonstrations and protests, riots, and civil wars that began in 2010).

Morocco isn't usually top of the list for South African tourists – there are no direct flights – but you can fly via the major Middle-Eastern hubs, or Cairo. It's worth the trip, because there are many rewarding running experiences to be had in this wonderful country.

THE MEDINA CIRCUIT

In the medinas (old cities) of Marrakech and/or Fes, almost every visitor stays in a *riad* (a traditional Moroccan house or palace, with an interior garden or courtyard). Accommodation is often hard to find, in the tangle of tiny streets, lanes and alleyways, crowded with strangely robed people and colourfully bedecked mules.

But don't let that put you off lacing up, because the medinas make for a perfect running circuit – especially around the unbelievable gated walls



of thousand-year-old citadels. Marrakech is a flat 14- to 20-kilometre circuit that meanders around the Old City walls, with views of the magnificent, snow-capped Atlas Mountains. The Fes circuit may be shorter, at 10 kilometres, but it certainly isn't flat. Steep hills lead up to old castles with spectacular city views. Gates tend to be evenly spread around the

PHOTOGRAPH BY **WARREN KING**

entire circumference, so it's easy to cut your run short at any point, should you decide to head back into the centre.

Carry money: it'll cover the cost of your taxi fare if you get lost. Because maps are pretty much useless within the medinas, carry a card for your hotel or *riad*. Faux-guides hang around the medinas, waiting for a chance to lead you back to your accommodation, and make a little extra money. (And don't let the guidebooks put you off: these guys provide an invaluable service to the independent traveller.)

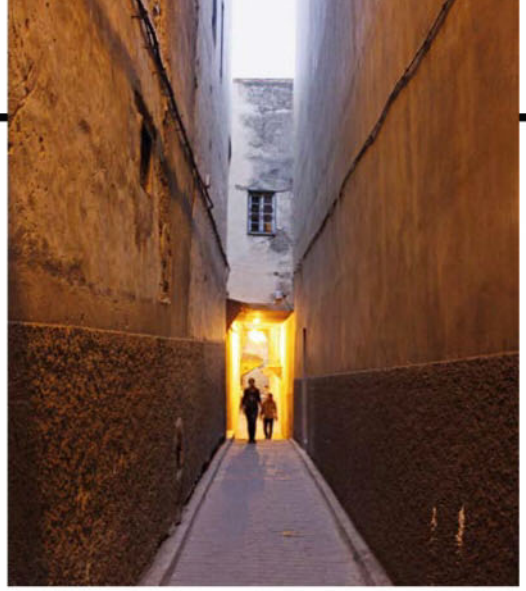
Stopping for a post-run coffee in Morocco is a must, once you get the hang of how milk does – or doesn't – complement the different varieties. Delicious freshly-squeezed orange juice and warm croissants can also be enjoyed at one of many street-side coffee shops close to the ancient walls, as you watch the world go by.

THE ATLAS MOUNTAINS

Easily accessible from the main cities and tourist sites, the mountains provide respite from the bustling medinas, and an opportunity to meet the tough but hospitable Berber tribes that populate them. Trail running is easier with a guide, but possible on your own with forward planning.

Run, or hike, up to the top of Jbel Toubkal – at 4 167 metres, it's North Africa's highest peak. Although it's not technical, it's pretty much straight up (and straight back down) from the village of Imlil.

I carried a full backpack and hiked up. After a full and strenuous day up to the refuge at 3 300 metres, I spent the night and recharged. From here, the hike to the summit was a fairly short distance, but it was more technical. There's quite a lot of snow and ice, and you will definitely feel the effects of being at high altitude. After making my way back down from the summit, I spent a second night at the refuge. The next day, I handed my backpack to a mule, allowing for a spectacular run down the mountain.

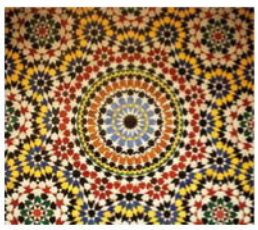














The Atlas Mountains are a solitary place, and I can guarantee you'll feel like a pioneer adventurer. Although you'll never feel completely alone; the Berbers are experienced mountain runners. (The L'Ultra Trail Atlas Toubkal® (UTAT) takes place every year, around September/October – see **www.atlas-trail.com**.)

TANGIER

Once one of the world's great port cities, it's a gateway between Europe and Africa, a cultural melting pot, a meeting place for spies, and formerly a declared international zone; Tangier might be off the beaten path, but it's one of my favourite cities.

It reminds me of Johannesburg – brusque and energetic, but honest, practical and friendly. As with most coastal cities, Tangier is relatively spoilt in terms of running options. To the east, you'll find Mediterranean Cap Malabata, within sight of Spain, and to the west, the spectacularly pretty Cap Spartel, at the north-western tip of the African continent, gazing out over the wild Atlantic.

Both are easily accessible from Tangier, and for a longer route you can run combinations of Tangier and either or both of these points.

But be warned – from my experience, they're further away than they seem. What I'd hoped would be an inspirational, coastal sunset experience turned out to be a traffic-clogged suburban trial.

Slightly more worthwhile was a run from the Old City itself, which is situated on a steep hill overlooking a Copacabana-like bay and the harbour, out of the city and west along the main coastal road. This stretches for kilometres, right on the sea, and there's plenty of space for comfortable running. Eventually, the tar road turns inland away from the sea. Instead, I chose to stick to the coast, by trail running. In some parts there were great running paths, but in others I scrambled on slippery rocks and along steep cliffs, turning back only when I ran out of time.

Morocco is exotic, colourful and fascinating, but it's also friendly and safe – a great destination to take your running shoes.


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34 TRAINING | 40 FUEL | 46 MIND+BODY | 51 GEAR

PERSONAL BEST

GET FIT, EAT SMART, RUN STRONG



HARD AT WORK

How much do we run at *Runner's World* (and sister mag *Bicycling*)? Truth is, our levels of ability, desire, fitness and commitment vary widely. *Bicycling* senior designer Alana (pink top, front) logs 20 hours of running a week, training for the Ultra Trail Mont Blanc; the ProNutro AfricanX Trailrun is on editor Mike's (orange top) bucket list. Editorial assistant André (khaki vest) has lost 8kg through healthy eating, and online editor Kirsten (blue jacket) is supervising his 10-K training. Picture editor Amy (black/orange) runs for more energy; chief sub Dave (glasses, movie-star looks) to de-stress. Online assistant Penny (pink top), recently relocated from Johannesburg, is training for her first half, while deputy editor Lisa (dark blue) is targeting a sub-1:40. *RW* senior designer Mark (♥Running) wants to catch up to his nine-year-old daughter Emily, who clocked an impressive 4.30/km on our last lunchtime run. Marketing and events coordinator (and dark horse) Richard brings up the rear.

PHOTOGRAPH BY **JAMES GARAGHTY**

IN GOOD COMPANY

Looking to get fitter and faster and have more fun? Work out with other runners.

By Michelle Hamilton

YOU KNOW the often-touted benefits of running partners: they expect you to show up, they provide camaraderie and conversation, and they cheer you on. But exercising with other athletes offers benefits beyond accountability and support. Join one (or all) of these four group activities to run stronger, become speedier, and have more fun.

JOIN A group workout TO GET Faster

When you pace alongside others, you tend to go faster than you do alone. This phenomenon is known as 'social facilitation', and the fitness it builds is responsible for countless personal bests. "Training with others is a smart way to boost your speed," says Dean Hebert, a running coach and mental-training expert. "Pushing ourselves is hard, so it helps to say, 'I'll just stay with this person.'" The trick is doing the right workouts – specifically, those that require you to run at a challenging pace, like intervals or tempo runs – with the right pace group. Look for a group that's your pace or just a hair faster, and do these speedy sessions no more than twice a week.

JOIN A group fitness class TO GET Stronger

If you regularly strength-train or do yoga on your own, pat yourself on the back – and then try a class. Solo exercisers tend to do the same routine over and over, or skip the exercises they don't like, says Heather Geyer, a physical therapist. Do the former and you'll reach a plateau. If you're guilty of the latter, the exercises you skip are often the ones you need most.

The best classes get you rotating your core, moving side to side, and building strength in running's primary movers (glutes, hamstrings, quads,



It's easier to push hard when you're with a group that runs just a tad faster than you.

PHOTOGRAPH BY ISTOCKPHOTO



Break away from a stale strength routine – and learn some new moves – by taking a class.

calves) and stabilisers (glutes, core). Geyer's picks: yoga, because it works stabilising muscles, and the body-weight programme TRX, because it transforms moves like squats, lunges, and pushups into core strengtheners and balance-builders. CrossFit, boot camp, and Pilates are also good options. If you reach a point at which you no longer feel challenged, ask the instructor to teach you the next level to keep making gains.

If you run two to four days a week, add strength to off days; if you run four to six days, tack it on to any running day so you have at least one total-rest day.

JOIN A relay team
TO GET A new challenge

Relay teams keep score by racking up 'roadkill' – the number of runners a team passes – which offers a different experience to chasing a PB. "Runners can be overly focused on time goals," says Benny Garcia, an exercise physiologist and running coach. "Letting go of that can leave you refreshed."

To prepare to run three segments in 24 hours (typical of most relays), build to a long run that equals the length of your two longest legs. (So if your segments are 10.5, 7, and 8 kays, for example, do 18.) And double up. "My [relay] runners run eight kays Saturday morning, eight Saturday night, then run long on Sunday," says Garcia. "It develops endurance and gets you used to going out on tired legs."

JOIN A club team
TO GET More reason to race

Since joining a club racing team, Jodi Buyyounouski, 42, has clocked personal bests in the 5-K, half marathon, and marathon. Her fast times are a result of group training and the desire to do her part for the team. "Being on a team, you enter a relationship that says, 'I promise to give 100 per cent,'" she says. The team competes in USA Track & Field's Grand Prix circuit, a point system that pits regional teams against each other in the US. The team score not only motivates runners to race hard, it gets them to race more often, too. Buyyounouski's race calendar, for example, has jumped from three events a year to 10.

You don't need to join a competitive team to reap the benefit. Some clubs create their own grand prix system with local races. And Garcia, who's a coach for her local running club, says just being part of a group is motivation to race. His club has no formal points system, but joining has helped many of his runners discover racing. "When others are out there and it looks fun, you want to join in," he says.

FLYING SOLO When it's better to go it alone

COMING BACK FROM INJURY
Muscles and ligaments need time to adapt, and a group atmosphere can tempt you to go longer or faster than you're ready to, says Hebert.

NO-ONE AT YOUR SPEED
When you run with a too-fast group, you risk injury, burnout, and the possibility of feeling discouraged, says Garcia. A too-slow group won't help you develop speed.

YOU NEED TO LEARN PACING
It's smart to log a few sessions solo to gain a sense of pace. Pay attention to how your breathing feels at your target pace; it'll help you nail your goal on race day.

YOU NEED MENTAL SPACE
Sometimes the quiet of a hard, solo effort renews your spirit. An easy solo session can help you de-stress, especially if you run somewhere scenic and serene.

PHOTOGRAPH BY ISTOCKPHOTO (CLASS)



YOU ASKED ME
RW scientific editor Dr Ross Tucker's advice

It's A Hiit!
What is 10-20-30 training? – HANNAH, Durban

High-Intensity Interval Training is designed to reduce training time; but even if exercise bursts last only 30 seconds, research has found that people tend not to stick with this type of programme, because of the unpleasant and aversive nature of intense exercise.

Now, researchers say '10-20-30 training' could be the solution. This entails running at a very easy pace for 30 seconds, nudging it up to a moderate pace for 20 seconds, and then finishing with 10 seconds as close as possible to your maximum effort or speed.

The lead researcher, exercise physiologist Jens Bangsbo, recommends that runners repeat this sequence five times, then take a rest break of two minutes, then repeat it another five times. The total length of this session would be only 12 minutes.

Amazingly, done twice a week instead of regular training, it's been found to improve health markers and 5-K performance in a group of runners who were already training (that's the interval training benefit). Best of all, they described it as more enjoyable.

If your goal is distance running, you have to respect the distance; so this sort of programme will never entirely replace long runs and normal training. And any time you're asking your body to sprint or do hard efforts – even if only for 10 seconds – you must be cautious about injury.

Dr Ross Tucker has a BSc (Med) (Hons) Exercise Science Degree and PhD from the Sports Science Institute. Visit him at www.sportsscientists.com.

THE STARTING LINE

TIPS FOR BEGINNERS FROM AN EASYGOING COACH

BY JEFF GALLOWAY





THE RUNNING DEAD

Feeling like a zombie? A run can help... sometimes.

As lovely as it is to experience a run you wish would never end, sometimes you have the kind of day when even lacing up seems a Herculean task. While everyone has inexplicable off days, there may be a good reason for your lethargy. Here's when you should run and when you should rest, depending on why you're feeling fatigued.

YOU DIDN'T SLEEP WELL

RUN Sleep-deprived runners often tell me how much better they feel after a short run. Give it a try, taking more frequent walk breaks than usual. Even if you're a person who is chronically sleep-deprived – like a new parent or a night-shift worker – you'll probably find that exercise improves your mood and helps lift the fog.

YOU'RE GETTING SICK

MAYBE RUN An often-repeated rule is: if your symptoms are above the neck – sinus congestion, sneezing – it's okay to run easy, especially if it makes you feel better; if they're below – chest congestion, body aches – you're better off resting. Check with your doctor to be sure, and always err on the side of caution.

YOU'RE SWAMPED

RUN Exercise can reduce stress, which may help you handle a busy day. However, challenging runs that involve time goals are both physically and mentally stressful. Plan on a short, gentle run to prepare your body and mind for a packed day or to decompress after such a day.

YOU'RE SORE FROM ANOTHER WORKOUT

MAYBE RUN A gentle run or two can help mild to moderate muscle soreness fade more quickly than if you were to rest. However, if you have inflammation, pain that does not lessen even with liberal walk breaks, or discomfort severe enough to alter your gait, rest and consider seeing a doctor.

You Asked Me
Jeff answers your questions.

How can I extend the amount of time I'm able to run without feeling tired?

Shorten the run segments and increase the frequency of walk breaks. For example, a runner who gets very tired when running two minutes and walking one minute should try 30 seconds running and 30 seconds walking.

What should I do if I start to feel wiped out when I'm still a kilometre or two away from home?

Insert a longer walk break – or just walk the remaining distance. Usually after a three- to five-minute walk, one can resume running, with shorter run periods and longer walk periods.

Fact or Fiction
Running can help you sleep better.

FACT The right training volume and intensity can help you fall asleep more quickly, sleep more soundly, and wake up feeling rested and refreshed. If you're running a lot and having trouble falling or staying asleep, that could indicate that you're overdoing it, or that you're simply running too close to bedtime.

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ILLUSTRATION BY **ZOHAR LAZAR**



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GRAB THE NEW POWERADE ION4 WHEN WORKING UP A SWEAT

Powerade, Coca-Cola's leading sports drink brand, recently launched ground-breaking Powerade ION4 in South Africa. Powerade ION4 provides runners across the country with an innovative sports drink designed to help achieve optimal performance, by aiding hydration and replacing electrolytes lost through sweat during extended exercise.

Whether you're a Two Oceans Marathon veteran or a weekend trail runner, it's important to keep your body hydrated during training and races. When a runner sweats, you lose fluids, and may lose four minerals – sodium, potassium, calcium and magnesium. New Powerade ION4 has been formulated with these minerals in mind for sweat loss during endurance exercise.

In addition to losing fluids through sweat, a runner also loses energy. Powerade ION4 not only hydrates; it also fuels the body, because it contains carbohydrates. Carbohydrates are a source of energy for the brain – to maintain skills and decision-making capabilities – and energy for muscles, to sustain performance and delay the onset of fatigue.

Sapna Naran, Powerade Brand Manager, Coca-Cola Africa, comments: "The launch of new Powerade ION4 in South Africa represents a step change in the sports-drink category, as we continue to empower born sportsmen across the globe by giving them the best technologically advanced products to help them maximise their physical performance."

Perform at your best next time you take to the road or trail. Ensure you stay hydrated, and that you keep your energy levels at their peak – upgrade your formula with new Powerade ION4.

New Powerade ION4 is currently available at selected stores across the country, and is offered in concentrate form only, with three flavour options: Mountain Blast, Jagged Ice, and Naartjie.

BEFORE EMBARKING ON ANY EXERCISE PROGRAMME, YOU SHOULD CONSULT YOUR DOCTOR | POWERADE AND ION4 ARE REGISTERED TRADEMARKS OF THE COCA-COLA COMPANY © 2015

RACE PREP

ALL SET TO GO?

How to tell if you're really ready to begin training in earnest for a summer event

By Lisa Jhung

ALTHOUGH THE CALENDAR may say it's time to start training for your October, November, or December goal race, selecting a plan based on your current mileage and goal distance shouldn't be your first step. "Before you choose and dive into a training plan, it's important to assess your health, your drive, and what you're hoping to get out of the race," says Nick Arciniaga, elite marathoner and running coach. If your body and mind aren't ready to train, you won't enjoy yourself or reach your full potential. Here's how to evaluate your readiness in key areas before you kick off a new training cycle.



ARE YOU HEALTHY?

Go for an easy run and pay close attention to see if any physical issues pop up, especially aches or pains near the site of a prior injury. If they do, work on rehab – strength-training, massage, or seeing a doctor – **and wait until you can run pain-free to begin a plan.** "When you start training for a big race, you want to make sure you're going into it 100 per cent healthy," says Arciniaga. "Otherwise, odds are you won't make it to race day ready to run."

If you have a history of injury, get back in the routine of taking care of your problem area(s), whether that means foam-rolling, strength-training, or stretching. "You want to ensure that the injury doesn't flare up," says Arciniaga.

Make sure your running shoes are in good condition. Most last 500 to 650 kilometres; if you haven't kept track, check the soles for overly worn areas or visit a speciality shoe shop to try on a new pair. If those feel considerably springier or more comfortable than your current shoes, the old pair may be ready for retirement.



ARE YOU MOTIVATED?

Just because you've already signed up for a summer race doesn't mean you're mentally ready for the challenge. "Many runners register for races simply because they always do a summer race, their friends are doing one, or they have much of their identity wrapped up in race results," says Dr Doug Jowdy, a sports psychologist.

Jowdy recommends asking yourself **'Why am I running this race?'** If the answer is primarily 'for fun' – that is, any nervousness feels more like excitement than dread – then you're good.

But if you feel like you 'have to' or you 'should' race, for whatever reason, then it's time to reassess. Cancel your plans – better to lose some cash than to drag through an uninspired training cycle. Jowdy recommends swopping some runs for riding a bike, going for a hike, or playing a team sport. "The idea is to engage in activities that are absolutely fun for you," he says. "When you can't wait to run again for enjoyment, you can start training for a race."



WHAT'S YOUR GOAL?

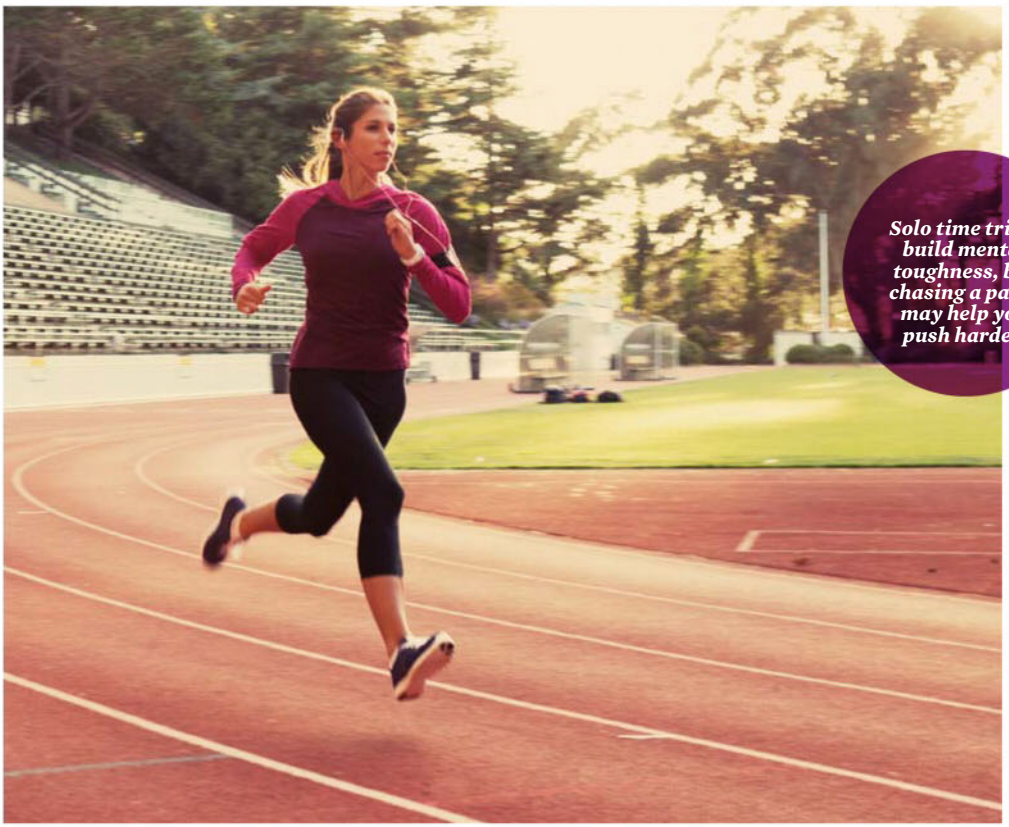
If you have your sights set on a PB or a certain finishing time, choose a training plan that doesn't increase your current total weekly mileage by more than 10 per cent per week and that guides you through workouts with paces that correlate to your time goal. If the race distance is longer than you've gone before and you're hoping just to finish, Arciniaga says to build up your long runs every other week so that your longest run is 75 per cent the mileage of race day.

Set at least one goal that's not a number. Perhaps to do a negative split (that is, to run the second half of the race faster than the first): do progression runs – where you start at a slower pace and finish at race pace – to teach your body how to finish fast. If your goal is to be competitive in your age group, train your brain to stay strong. "Part of that comes in daily training," says Arciniaga. "Work on being positive and not letting a tough patch in training (or racing) take over." And if your race goal is to have an enjoyable experience and finish smiling, that's great, too.

ILLUSTRATIONS BY **TM DETWILER**

BY ALEX HUTCHINSON





Solo time trials build mental toughness, but chasing a pacer may help you push harder.

RACE YOURSELF

Test your fitness (and build some) with a time trial.

A week before his legendary race, Roger Bannister ran a three-quarter-mile (1 200m) time trial: "I felt that 2:59.9 for the three-quarter mile in a solo training run meant 3:59.9 in a mile race (1 600m)," he recalled. He ran exactly 2:59.9, giving him the confidence he needed to break four minutes. While coaches often warn their runners not to race in practice to avoid burnout, an occasional all-out time trial can be useful as a mental boost, a training stimulus, or a reality check. Here are three ways to try it yourself:

DRESS REHEARSAL

Racing at PB pace is a trip into the unknown, but a well-executed time trial blazes a path for most of the route. Simulate race conditions: wear racing shoes and clothes, run at the same time of day on similar terrain, and do your usual pre-race warm-up.

Dress rehearsals work best before races of up to 10-K. Aim to cover between half and three-quarters of your race distance (with shorter relative distances for longer races, e.g. 75 per cent of a 1 500m, 50 per cent of a 10-K) at goal race pace, one to four weeks before the race. The danger is that you'll find the time trial so hard that you won't be able to imagine holding the pace longer. Remember that race-day nerves, spectators, and competitors will unlock reserves that a time trial can't access. That said, if you're more than five per cent off goal pace, consider revising your race goal.

SPEED TEST

If you're preparing for a longer race (10-K to marathon), time trials at shorter distances are a painful but efficient way of maintaining speed. Low-key road races work too, but time trials require no entry fee, and you can pick the date that works best. For marathoners and half marathoners, aim for between 5-K and 8-K; if you're preparing for a 10-K, you can go as short as 1 500m. Include one or two speed tests in a buildup, with the last at least two weeks pre-race.

Unlike a dress rehearsal, the goal isn't to maintain a particular pace – it's to suffer in a way you don't during regular longer-distance training. Fighting through the symptoms of anaerobic fatigue will help train your body to handle slower paces more efficiently. To maximise the effect, err on the side of starting aggressively – at least two per cent faster than your best recent time at that distance.

STIMULUS PACKAGE

Time trials exist in a grey zone between workouts and races, and the distinction is blurriest when you add a time trial to a larger interval workout. For example, to prepare for a 5-K, you might run a 1 500m time trial, recover for 10 to 15 minutes, then do a ladder of 1 200, 800, 600, and 400 with 2:00 rest, starting at 5-K pace and getting faster. The extra volume will stimulate more fitness gains than a speed test, but it requires more recovery – schedule it three to four weeks before your race.

The time trial should still be run all-out, so try to forget about the rest of the workout until you're finished, and be flexible about the pacing and number of reps – don't give yourself excuses to save energy. A time trial isn't a race, but it should feel like one.

PHOTOGRAPH BY GALLO / GETTY IMAGES



ONE SERVING OF FRUIT Bananas – high in potassium and low in fibre – are good standbys. A small one provides about 23 grams of carbs, perfect just before a run. An apple or handful of blueberries works well, too.

LIQUID CARBS "You can get the pre-run carbs you need from liquid sources," says Bonci. "Juice, sports drink, or even jelly can be great." Or try a nutritional shake for quick energy.

A SERVING OF CEREAL A 3/4 cup serving of All-Bran Flakes provides 24 grams of carbs and just five grams of fibre. "Choose cereal with five grams of fibre or less," says registered dietician and nutritionist Tara Gidus. And skip the milk if you'll start running in 30 minutes or sooner.

TOP OFF THE MORNING

What you eat before an early run can make or break your workout.

By Amanda MacMillan

YOU MAY NOT LOVE GETTING UP EARLY, but mornings are often the best time to run – especially during spring. And since races usually start in the am, most runners have to run early, at least once in a while. But it can be hard to fuel up properly: pack in too much and you'll risk stomach problems. Eat too little and you could bonk a few kilometres in.

"You've been fasting and dehydrating all night," says Dr Kate Davis, sports dietician and owner of RD Kate Sports Nutrition. "It's important to find some way to replenish before doing anything that requires a lot of energy." How exactly you do that depends on a few things: how much time you have, how long you plan to run, and how well you tolerate exercising on a full (or partially full) tank. That last one you'll have to figure out through a bit of trial and error; for the first two, use these rules as your guide.

YOU HAVE ABOUT 30 MINUTES BEFORE YOU RUN

Snoozed through your alarm? Before heading out the door, eat about 25 grams of carbs, says Davis. Try a small banana, a serving of dry cereal, or even a bowl of jelly. Any more than that and some runners will risk gastrointestinal distress. "Think of it as a pre-workout snack," says Davis. "If you're running for less than an hour, this plus water is probably all you'll need."

For longer runs, try to wake up a bit earlier. "If you're planning a 30-kay run, you want at least an hour to fuel up, use the bathroom, and settle your stomach," says registered dietician Leslie Bonci, director of sports nutrition at the University of Pittsburgh Medical Centre and co-author of *Run Your Butt Off*. If that doesn't happen, don't cram in a larger meal. Instead, have that same pre-workout snack, and supplement it with a sports drink, gel, or sweets every 30 to 45 minutes mid-run. "It's best to start with a manageable amount," says Bonci, "and refuel as you burn through that."

FOOD STYLING BY ADRIENNE ANDERSON

PHOTOGRAPH BY **MITCH MANDEL**

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YOU HAVE ABOUT 60 MINUTES BEFORE YOU RUN

Now's the time to fill up with a more substantial breakfast containing about 50 grams of carbohydrates and about 1250 to 1700 kilojoules (see the options on the right). "With that much time to kill beforehand, you're bound to get hungry early in your run if you don't eat something substantial," says Davis. Aim for a fist-size serving of food, says Bonci. Carbs are still key, especially for shorter runs; toast with honey or jam, a pancake or waffle, or a bowl of oats are all safe bets.

If you're fuelling for a longer run, though, adding protein – say two tablespoons of peanut butter, a glass of milk, or a hard-boiled egg – will help sustain your energy. Think beyond typical breakfast foods, too: "I know runners who have great success in the mornings with cold pizza, or warmed-up rice with chicken broth or soya sauce," says Bonci.



PEANUT BUTTER AND BANANA SANDWICH "You don't want a huge amount of bread weighing you down, but two pieces of toast or half a bagel paired with some protein should work well," says Davis.

OATS WITH... bacon! A cup and a half of oats packs 48 grams of carbs – perfect when you've got plenty of time to digest. For a protein boost, add half a slice of bacon or a thin slice or two of ham. In small amounts and with time to digest, these higher-fat toppings can work, says Bonci.





ENERGY BAR Don't want to cook? Look for bars with about 50 grams of carbs, five to 10 grams of protein, and less than five grams of fibre, says Gidus.

AM FAQS
Your morning-run questions answered

WHAT SHOULD I DRINK?

As soon as you get up, drink 250 to 500 millilitres of water. "Not only does your body really need that rehydration," says Davis, "but drinking water will also help wake you up and get your digestion moving." It may even whet your appetite and encourage you to eat.

MUST I EAT SOMETHING?

If you're running easy for 45 minutes or less, water may be enough. "Some research suggests running after fasting may improve fat burning," says Davis. For anything longer or more intense, you need carbs to burn; otherwise, says Bonci, your body may break down muscle for fuel.

WHAT ABOUT FUELLING UP THE NIGHT BEFORE?

Carbo-loading the night before a big run will give you a little extra fuel in your tank, but not enough to skip breakfast. "Overnight, most of those kilojoules will be burned or stored as fat, so you'll still be low on fuel the next morning," says Gidus.

PHOTOGRAPH BY **MITCH MANDEL**

Peaches contain compounds that work to ward off diabetes and heart disease.

The History Of The Peach: This juicy fruit was first cultivated in north-west China.



THE ATHLETE'S PALATE

PEACHY KEEN

Mark Bittman shares his favourite ways to use one of spring's tastiest fruits.

SWEET AND JUICY, peaches are ideal after a hot run. Not only are they water-rich, which will help you rehydrate, but they're also high in carbs, potassium (a key electrolyte), and vitamin C, which helps maintain healthy cartilage. Here, *Runner's World* contributor and runner Mark Bittman, author of *How to Cook Everything Fast*, shares both savoury and sweet ways to use the fruit. – YISHANE LEE

GRILLED PEACHES
Grill halved peaches until browned. Top with brown sugar, cinnamon, and mascarpone.



BREAKFAST BRUSCHETTA
Drizzle honey on toast. Top with peaches, strawberries, and mint.

GRIDDLED TOAST
Make French toast, then sauté peaches in a pan with honey until soft and browned. Serve on the toast.

SWEET AND SAVOURY SALAD
Combine mixed greens, peaches, watermelon, tomato, avocado, feta, and chopped bacon. Drizzle with lemon dressing.

SPICY FRUIT SALAD
Toss sliced peaches with equal parts lime juice and water. Sprinkle with chilli powder, cayenne, sugar, salt, and coriander (dhania).

PEACH SAUCE
Blend peaches with orange juice. Sweeten with powdered sugar. Use on desserts, chicken, or fish.



PORK TACOS/WRAPS
Top pork tacos or wraps with peaches, basil, lime juice, and cottage cheese.

FOOD STYLING BY CHELSEA ZIMMER

PHOTOGRAPHS BY **MITCH MANDEL**



THE ATHLETE'S PALATE

TOMATO CRAZY

Cookbook author and runner ***Patricia Wells*** has a weakness for them.

"EACH YEAR, I can't wait for juicy, garden-fresh tomatoes," says Patricia Wells, who teaches cooking classes in Provence and Paris. "One year I went crazy and had 82 tomato plants in my garden!" All tomatoes contain vitamin C, but red, orange, yellow, and purple varieties also provide lycopene, which may protect against stomach, prostate, and lung cancers. For more, see patriciawells.com. – YISHANE LEE

Pair tomatoes with a little bit of fat from olive oil to boost lycopene absorption.

CHILLED SOUP

"I like to sip this after morning runs."

- **680 grams heirloom or organic tomatoes, quartered**
- **⅓ cup mild extra-virgin olive oil**
- **⅓ cup water**
- **1 teaspoon curry powder**
- **1 teaspoon fine sea salt**

In a blender, combine all the ingredients. Blend on medium for 3 minutes to create a thick emulsion. Chill before serving. **Serves 6.**

TOMATO PLATE

"This is a favourite, topped with plenty of herbs and cheese."

- **600 grams multi-coloured heirloom/organic tomatoes, sliced**
- **6 thin slices of Gruyère or mild cheddar**
- **Handful of fresh basil and origanum leaves**
- **¼ cup extra-virgin olive oil**
- **1 tablespoon lemon juice**
- **1 teaspoon sea salt flakes**

Overlap the tomato slices on a platter. Garnish with the cheese and herbs. In a jar, combine the oil and lemon juice. Shake well. Drizzle over the platter. Season with the salt. **Serves 6.**

PHOTOGRAPH COURTESY OF JEFF KAUCK (WELLS); FOOD STYLING BY PAUL GRIMES

PHOTOGRAPH BY **MITCH MANDEL**


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SIDESTEP PAIN

A top sports doc explains how to treat and prevent the most common lower-leg injuries.

By Dr Jordan Metzl

IT'S NO SURPRISE THAT lower leg pain is a common complaint of the runners I treat when you consider the key role these muscles, tendons, and bones play in running. The calf and Achilles tendon work together to generate the force that pushes you off the ground with each step. All while the shin bone helps to absorb and dissipate the impact of every footfall. When these areas are weak, tight, or overworked, they become vulnerable to injury. Here's how to keep them in top shape.



1234

CALF STRAIN

What's Going On?

This occurs when tight or weak gastrocnemius or soleus muscles aren't ready for the explosive effort required to push your body off the ground.

TREAT IT

- Don't run.
- Ice for 15 minutes five times a day.
- Wear a compression sleeve for the first 48 hours post-injury.
- Elevate your lower leg above your hip during the first 48 hours.
- Anti-inflammatory meds could help.
- Symptoms don't improve? See a doctor.

PREVENT IT

- Foam roll and stretch your calves daily.
- Strength-train (see page 48).

1234

SHIN SPLINTS

What's Going On?

Different types of shin pain all fall under this catch-all term. Most shin splints occur when there is more stress on the tibia than it can handle.

TREAT IT

- Reduce mileage and cross-train.
- Apply ice for 15 minutes five times a day.
- Overpronate? Consider arch supports.
- If the pain doesn't subside with rest, stop running and see a doctor to rule out a stress fracture (see #3).

PREVENT IT

- Increase mileage gradually.
- Strength-train, targeting your glutes and core to reduce the load on your shins (runnersworld.co.za/iron-strength).
- Shorten your stride.
- Get enough calcium and vitamin D.



Where Does It Hurt?

Discomfort in your calf – anything from a twinge and tightness to a blast of sharp, excruciating pain.

DIAGNOSIS ▸ CALF STRAIN (1)



Where Does It Hurt?
Tenderness or achiness along your shin.

DIAGNOSIS ▸ SHIN SPLINTS (2) OR STRESS FRACTURE (3)

Where Does It Hurt?
Mild to severe soreness along the Achilles tendon, which runs from your heel to your calf.

DIAGNOSIS ▸ ACHILLES TENDINITIS (4)

Adapted from *Running Strong: The Sports Doctor's Complete Guide to Injury-Free Running for Life,* by Dr Jordan Metzl (R339, www.takealot.com).

1234

STRESS FRACTURE

What's Going On?
Develops over time when the demand on the bone exceeds the bone's ability to withstand the force.

TREAT IT
- Get medical care.
- Avoid activities that put weight on your leg.
- Get enough calcium and vitamin D.

PREVENT IT
- Up mileage gradually.
- Overpronation can contribute; make sure you are in the right running shoes.
- Strength-train, targeting glutes and core.
- Shorten your stride and increase your cadence to put less stress on your shins.

1234

ACHILLES TENDINITIS

What's Going On?
Overuse injury from ramping up mileage or intensity too quickly. Weak or tight calves increase the risk.

TREAT IT
- Don't run. Swim, bike, pool-run.
- Ice for 15 minutes five times a day.
- Foam-roll and strength-train your calves (see page 48).
- See a doctor if there's a lump in the tendon (sign of a tear).

PREVENT IT
- Do plyometric exercises (see page 48).
- Foam-roll calves daily.
- Increase mileage gradually.

PHOTOGRAPH BY **MITCH MANDEL**

THE BODY SHOP

DO THE LEG WORK

Jordan Metzl's simple strength plan will keep your shins, calves, and Achilles healthy.

YOU LOVE RUNNING. And when your sport of choice involves the great outdoors, fresh air, and cruisin' down the road, you don't want to be stuck inside doing strength exercises. I get that. I'm a runner, too. But I also want to run for the rest of my life. So I strength-train two or three times a week. Running can create muscle imbalances or accentuate ones you already have. Weak calves, for example, can put too much stress on the Achilles and break down the fibres that make up the tendon. Instable hip and core muscles hurt your biomechanics and overload your shins, which can lead to shin splints and stress fractures. Do these exercises twice a week – daily if you have had shin, calf, or Achilles issues in the past.



PLYOMETRIC LUNGES

Lunge forward with your right foot and left arm until the shin of your back leg is parallel to the floor and your knee almost touches the ground. Push up off the ground in an explosive manner, and switch your legs in midair so you land in a lunge with your left leg forward. Left and right lunges count as one rep. Do three sets of 15 reps.



STRAIGHT-LEG CALF RAISE

Hold a dumbbell in your right hand; stand on a step. Cross your left foot behind your right ankle. Balance on the ball of your right foot. Lift your right heel and pause; then lower. Do three sets of 15 reps on each side.



BENT-KNEE CALF RAISE

Follow the straight-leg calf raise instructions, but bend the knee of your balancing leg and keep it bent as you raise and lower your body. Do three sets of 15 reps on each side.



ECCENTRIC CALF RAISES

Stand on a step with your heels hanging off the edge. Push yourself up on your toes. Then very slowly (to a count of 10) drop your heels below the level of the step. Do three sets of 15 reps.



FARMER'S WALK ON TOES

Hold heavy dumbbells at your sides. Rise up on your toes and walk forward for 60 seconds. If you feel that you could've gone longer than 60 seconds, increase the weight. Do three sets.

PHOTOGRAPHS BY **MITCH MANDEL**

SPRAY THAT SCRAPE AWAY

Life's too hectic to worry about cuts and scrapes. Plus, if you fall on tar or gravel halfway through a group run or a race, stopping to take care of it is a real inconvenience – and traditional plasters don't fit grazes!

Spray and go
Just spritz Elastoplast's new Spray Plaster onto the wound. The antibacterial formula goes to work creating an instant transparent, protective film over your cut or scrape, no matter where it's located. It even sprays when upside down!

Stick with it
The light film slowly disappears over time - so there's no changing a dressing every day. The protective layer keeps dirt and bacteria at bay. Think of it almost as a second skin – that's also healing you.

Convenient
Tuck it into your handbag, desk drawer or gym bag – and never be caught without a plaster again!

We've got you covered so you can keep moving

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THIS SPRING WE'VE TESTED TRAIL SHOES ADAPTED TO ROAD, SECOND VERSIONS OF ADIDAS BOOST AND PUMA IGNITE, AND THE LATEST EDITIONS OF YOUR FIRM FAVOURITES.

SPRING SHOE GUIDE

BY RYAN SCOTT & DR MARTYN SHORTEN

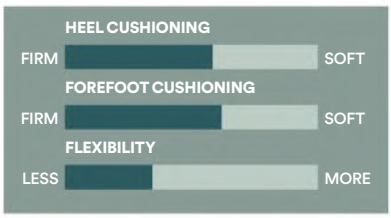
PHOTOGRAPH BY **NICK FERRARI**



adidas Response Boost 2 TF R1 500

In 2013, adidas rolled out their superior bouncy midsole material in a signature shoe that bears the Boost name. Now they're inserting the material in all their models. Here, large slabs of the cushy foam sit in the heel and forefoot of the venerable Response, giving it a tester-pleasing, well-cushioned ride, while retaining the model's midfoot stability with firmer foam and a plastic bridge under the arch.

Bottom Line: Balanced bounce. ***283g***
adidas Concept Stores

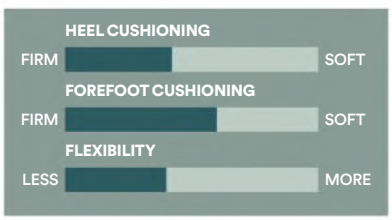




Mizuno Wave Inspire 11 R2 000

While the last version of the Inspire dipped below 285 grams, fans were disappointed by its clunky ride. This version restores the original Wave plate for a more responsive feel and quicker roll onto the upturned toe. Extra rubber under the ball of the foot provides a firmer feel, and the all-new upper wraps the foot. "It provides the right amount of support, while remaining light," says Kyle Lansing of Cape Town.

Bottom Line: A supportive, swift ride. ***270g***
Sportsmans Warehouse

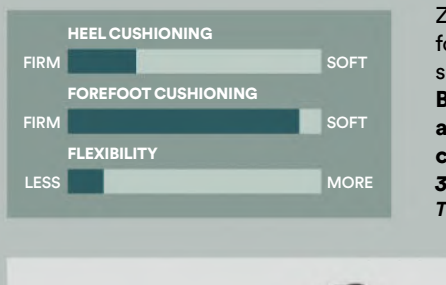




SAUCONY HURRICANE ISO R2 200

Testers swooned over the fit, cushioning, and support of this plush stability shoe. The midsole is the same as in previous models; a large, firm pod at the arch is designed to correct over-rotation, there's a moderate heel-to-toe drop (we measured just under 9mm), and thick padding under the forefoot (they've added more foam for near-max cushioning). The new upper, called ISOfit, merges an inner mesh wrap with an outer frame that adapts to your foot as you lace the shoe down, and makes for a secure fit. To provide more control, the Hurricane's outer wrap is less flexible than on other ISOfit models (the Triumph and Zealot) – which caused pressure points for a few testers – but most praised the shoe's support, comfort, and stable ride.

BOTTOM LINE: An already cushy and controlled ride gets even more comfy.
300g
The Sweat Shop



TESTER'S TAKE

NAME: Erika Toraya
AGE: 41
HEIGHT: 1.64m
WEIGHT: 55kg
KM PER WEEK: 30-45
OCCUPATION: Actor, Model



"The Hurricane has good stability and support, and all the cushioning I need without feeling heavy or too bulky. It feels great to run in these shoes."

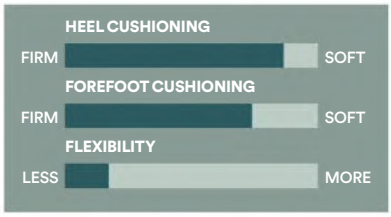


Brooks Glycerin 13 R2 400

High-arched neutral runners will enjoy this cushioned ride, with 25% more cushioning than the standard Brooks DNA foam. To contribute to a smooth ride, pressure zones are created by the design of the outer: there are multiple lugs, from heel to toe, which distribute pressure more evenly than the normal impact zones do. The 3D Fit seamless upper feels great, and above the toe it can be likened to the adidas Technofit – just not as stretchy. A heavily-cushioned upper is sturdy at the back of the heel, but very soft on the sides.

Bottom Line: A plush performance. ***311g***

The Sweat Shop





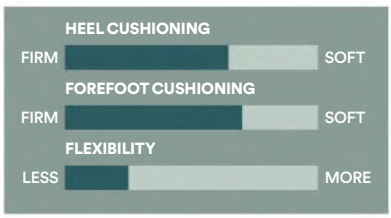
Brooks Ghost 8 R2 050

Five of the previous seven editions have won awards, and Brooks were wise not to change much in this update. The upper has a new, 'engineered' mesh, making it supportive in some areas and softer in others – like in the 'bunion window' alongside the ball of your foot. The crash pad has been extended along the full length of the outside of the foot, to accommodate landing and provide a smooth transition as the foot rolls forward. Our lab measured a reduction in flexibility, but only a few testers complained, and they noted that it improved after running a few kilometres in them. The cushioning reduces shock, but still gives a stable and responsive ride.

Bottom Line: Stable, cushioned, comfy.

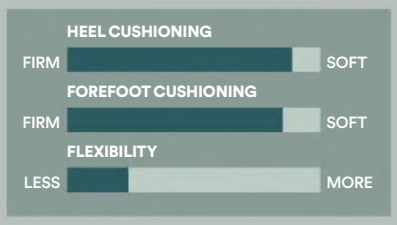
298g

The Sweat Shop



ASICS GEL-NIMBUS 17 R2 150

The Nimbus has long been the Rolls-Royce of the Asics line: the plushest, most cushioned ride you can buy. The 17th edition is a luxury sports model, displaying nimble performance as the lightest and most flexible Nimbus yet – and it's even more cushioned. The upper has been overhauled with a seamless mesh that conforms and moves with your foot. A plastic external cage supports the heel, without adding much weight. The sock liner is made of a lighter, bouncier material; gel padding extends further forward, to cushion your outer toe. The women's model is built for a woman-specific foot shape, and uses softer foam and more heel lift to support the Achilles tendon. Testers gave the shoe a big thumbs-up for fit, cushioning, and ride, faulting only its colour.



BOTTOM LINE: A luxury model gets sportier. ***320g***

Sportsmans Warehouse

TESTER'S TAKE

NAME: Stephanie Gambone
AGE: 49
HEIGHT: 1.64m
WEIGHT: 55kg
KM PER WEEK: 50–60
OCCUPATION: Tech. Business Sales Planner



"The Nimbus 17 is lightweight, with a perfect amount of cushioning, stability, and comfort. It provided good support to my heel, midfoot, and forefoot. The cushioning was so good, I had that bounce-like feeling of running on the treadmill. They've perfected this shoe."



PHOTOGRAPHS BY JAMES GARAGHTY (SHOE STILLS ON WHITE); SET STYLING BY KATHERINE RUSCH; ILLUSTRATIONS BY JOEL KIMMEL



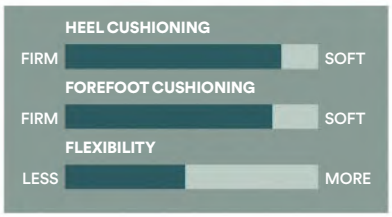
Puma Ignite PWR Cool R1 800

Puma's latest foam offered testers plentiful cushioning, but not at the expense of responsiveness. Using direct-injection tooling to create the squishy foam means the end product is one continuous piece of foam, rather than the industry-standard of two pieces joined in the middle. The transition through the stride is noticeably smooth, and testers are looking forward to the introduction of Ignite foam to Puma's Faas range.

Bottom Line: Long-running comfort.

283g

Puma Stores



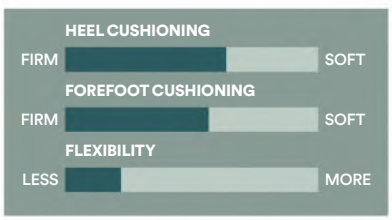


Salomon X-Scream 3D R2 000

The X-Scream 3D is designed for urban runs that involve both road and easy trails. Testers felt it did best on the road, citing minimal traction and a high, firm heel that felt shaky on rough terrain. And they appreciated its durable, responsive ride. The fit is comfortable, but felt overly generous to some testers, who had a hard time dialling in the pull-cord lacing system – which is great for trail, but could do with a re-work for road.

Bottom Line: A sturdy multi-tasker, best suited to road. ***303g***

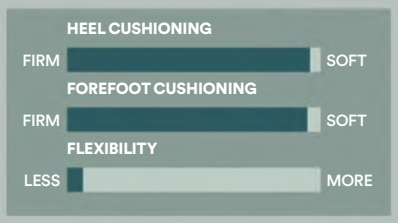
Salomon Stores





ALTRA ONE 2.5 R1 600

All the Altra shoes have a zero drop, and generally, large amounts of cushioning. The One 2.5 is the most simple of the Altras we've tested, has less cushioning, and is built more for speed than the rest of the range. If it's your first time in the Altra, you'll notice the vastly accentuated forefoot width and toe box, which lets your foot spread out and take up its most natural position. Those with a narrow foot will struggle to get the best lockdown in the forefoot, though. Testers enjoyed this dynamic shoe across all distances and running conditions.



BOTTOM LINE: Lightweight and cushioned, for speed and distance.

178g

www.altrafootwear.co.za

TESTER'S TAKE

NAME: Sandra Ince
AGE: 28
HEIGHT: 1.8m
WEIGH: 61kg
KM PER WEEK: 80
OCCUPATION: PA



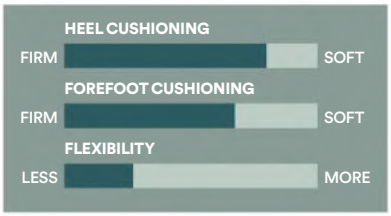
"The zero drop has changed the way I run, and the over-generous cushioning and width was something I was sceptical about, but I'm now a big fan."



Saucony Triumph ISO fit R2 000

Saucony's flagship cushioned shoe went in for a radical makeover in its 12th edition. The big story is the new ISOfit upper, which combines a soft inner layer with a stronger outer shell. Saucony added slightly more cushioning, while keeping the lower heel-to-toe drop it adopted in 2009, which gives the Triumph a more natural stance. Testers loved the fit, feel, and smooth rolling transition, and reported that the ride felt stable, thanks to new midsole materials that replaced the plastic bridge. Remarkably light despite all its cushioning, the Triumph appeals to a range of runners who demand comfort and performance.

Bottom Line: Cradles without bulk. ***286g Sportsmans Warehouse***

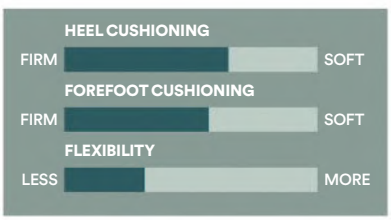




INOV8 ROAD CLAW 275 R1 895

Over the last two years, the Inov8 road shoe has been minimalistic in character, and basically a road version of the trail shoe. This time, without the branding on the outer, we wouldn't have recognised it as the same brand. In an attempt to appeal to road runners, Inov8 have created a shoe with a higher toe box and standard running shoe outsole – an altogether traditional road shoe, which testers felt was an average run at best. The heel-to-toe transition was stiff, and the construction and fit felt clumsy and off the mark.

Bottom Line: Awaiting improvement. ***308g www.inov-8store.co.za (Available October)***



NEW BALANCE 880 V5 R1 700

The 880 combines comfort and distance capability, and a lightweight feel, more effectively than any other NB shoe we've tested. A lot of the difference in the way it feels is down to the ACTEVA LITE foam, which is 24% lighter than standard NB foam. The outer sole has a thick blown-rubber section on the toe, and takes up more than half of the sole, for great grip and durability. Testers felt more than comfortable, for runs under 12km and up to marathon.

BOTTOM LINE: Will impress entry-level and experienced runners. *263g NB Stores*



TESTER'S TAKE

NAME: Joseph Long
AGE: 43
HEIGHT: 1.73m
WEIGHT: 66kg
KM PER WEEK: 30-45
YEARS RUNNING: 6
OCCUPATION: Billing specialist

"I'm used to running in NB, but this pair had an even lighter feel to it than any I have used previously. Felt comfotable from my very first run, which was over 21km."



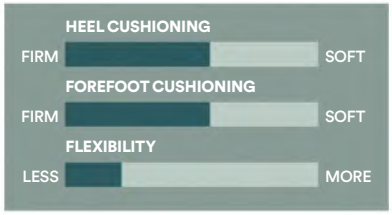
PHOTOGRAPHS BY JAMES GARAGHTY (SHOE STILLS ON WHITE); SET STYLING BY KATHERINE RUSCH; ILLUSTRATIONS BY JOEL KIMMEL



Asics Gel-Noosa Tri 10 R1 800

The Noosa Tri's light, supportive, snappy ride has made it a favourite for a decade. A lighter-weight midsole ensures a speedy ride, and a plastic bridge in the midfoot extends into the forefoot, providing stability and a spring-loaded toe-off. Seamless upper construction and engineered mesh allow the upper to hug the foot. The stiff heel cup divided testers – some found it rigid, while others appreciated the support.

Bottom Line: A light, stable ride. ***274g***
Totalsports

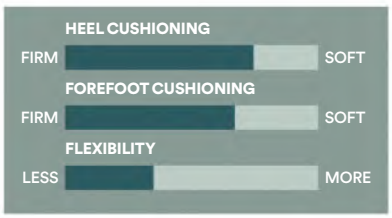




Mizuno Wave Rider 18 R2 000

To improve the venerable Wave Rider, Mizuno restored some characteristics of previous versions, such as a more curved toe, and a bouncier Wave plate (the plastic piece that runs through the midsole and acts as a shock absorber). New features include a more structured upper that hugs the midfoot, and added durability in the form of more rubber on the sole. While testers appreciated the midfoot fit, several complained about rubbing or slipping around the ankle, and many rated the ride as 'average'.

Bottom Line: For heel strikers that run long distance. ***263g***
Sportsmans Warehouse





ADIDAS ADIOS BOOST 2 R1 700

We fell in love with the first Boost version of this long-distance racing flat, and were thrilled to learn that the midsole and outsole remain virtually untouched. It's a thin layer of protection from the road, but it stands up to a lengthy pounding better than similar amounts of traditional EVA foam. The upper, on the other hand, received a welcome makeover: gone is the plastic saddle that made up the three-stripe logo at the midfoot. In its place are suede-like overlays that flex more freely and are softer on the foot.

BOTTOM LINE: Heavier than other flats, so save these for long races.
235g
adidas Concept Stores



TESTER'S TAKE

NAME: Rob Peters
AGE: 41
HEIGHT: 1.83m
WEIGHT: 85kg
KM PER WEEK: 20-25
OCCUPATION: Digital Design



"I never go much over 10 kays on my morning runs, but still feel the difference since the Boost has been added to the Adios outsole. Contact with the road is much softer. I wear this pair socially too."

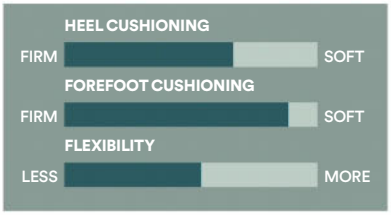


Newton Motion iV R2 098

Don't be fooled into thinking those forefoot lugs force an unnatural forefoot strike. The Motion IV is nicely cushioned, from stem to stern, with a moderate heel-to-toe drop that testers said accommodated any stride. The lugs are more carrot than stick, providing a pop-on push-off when you get your weight balanced forward. The upper on this fourth version of the Motion has a sock-like fit from engineered mesh, and extra foam under the arch provides support.

Bottom Line: Light and supportive – with pop. ***286g***

www.newtonrunning.co.za



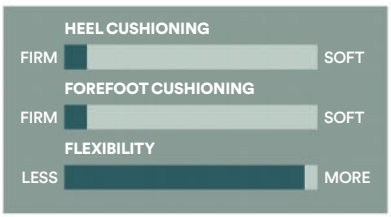


Vivobarefoot Evo Pure R1 354

The only service the outsole provides in the Evo Pure is that it's puncture-proof. Other than that, there's zero cushioning and zero support. This is a shoe that lets your feet do all the work. Testers with minimalist-running-adapted feet got exactly what they wanted from the 3mm sole and a breathable, laminated, stitchless upper mesh, which was also lightweight. The shoe will go for hundreds more kilometres than conventional running shoes, because there's no foam to bottom out.

Bottom Line: Only for those already adjusted to minimalistic running. ***198g***

www.nativesport.co.za



PHOTOGRAPHS BY JAMES GARAGHTY (SHOE STILLS ON WHITE); SET STYLING BY KATHERINE RUSCH; ILLUSTRATIONS BY JOEL KIMMEL



HIGH, LOW, OR NO? THE UPS AND DOWNS OF HEEL-TOE DROP

The difference between the height of your heel and the height of the ball of your foot is referred to as 'heel-toe drop'. In our lab, we determine that difference by cutting the upper off the shoe and measuring from the sole of the foot to the ground. The optimal drop is often argued, and ultimately depends on what works best for you.

Proponents of low- or zero-drop (i.e. when both heel and ball of foot are close to or at the same height above ground) shoes argue that by mimicking the foot's natural placement on the ground, such shoes will:

- Help improve balance and encourage better postural alignment
- Encourage more of a forward-weighted foot strike, which helps reduce impact forces
- Reduce twisting forces on knees and hips
- Improve propulsion by allowing for full stretch and recoil of the Achilles tendon and plantar fascia (called the 'windlass effect')
- Weigh less and have a more balanced feel

Detractors of the low- or zero-drop approach believe that such shoes are better suited for walking rather than running, and claim that a moderate (8- to 14-millimetre) drop helps:

- Reduce impact forces for heel strikers (the majority of runners) by providing more cushioning
- Minimise pronation by helping the foot roll forward rather than inward
- Improve stabilisation, which increases efficiency
- Reduce forces on the Achilles tendon and plantar fascia by limiting how far they need to stretch as you kick backward
- Foster a longer stride, thus a faster pace at the same turnover rate

BOTTOM LINE? Changing the level of drop you're used to affects the forces you encounter and may change your stride, which can make you less efficient and more susceptible to injury while adapting to the new geometry. So stick to the drop that's been working for you. Change it only if you've been getting injured, or you want to alter your stride (which, we should add, requires more than just new shoes). Note: You can always add heel height to a shoe with a thick-heeled orthotic insole or a foam heel lift.

FRESH SPRING IDEAS

Have you tried running with a camera? Cumbersome, right? Not anymore. We tested the smallest, most portable GoPro yet – and turned running into a breeze with these other cool items. By Ryan Scott

PUMA PWR COOL TEE R600
Launched in time for summer in the Northern Hemisphere, the print on this fabric is made up of tiny squares, activated by sweat to help regulate body temperature: the more you sweat, the harder the cooling system works. Testers actually felt air penetrating the shirt, in mini streams. *Puma Stores*

GOPRO HERO4 SESSION R6 500 (SAME PRICE AS HERO4 SILVER)
At the request of their sponsored professional athletes and daredevils, GoPro have produced their smallest camera yet. It's 40% lighter and 50% smaller than the current GoPro Hero4, and the spec is just below the Hero4 Silver, but at 1080p60 it still provides impressive functionality and quality. The biggest difference, other than its size? A durable, waterproof design eliminates the need for a separate housing. *Cape Union Mart*

FOOT ACTIVE R43
Fancy a foot mask, to rejuvenate your over-worked feet? We think this is a well-deserved treat for that part of your running anatomy that – let's face it – is mostly neglected until injured or blistered. Peppermint, avocado, tea tree oil and vitamin E oil are among the plant extracts used for this 20-minute treatment, which promotes circulation, and deodorises and refreshes tired feet. *Clicks*







YOU ASKED ME
***RW* Gear Editor Ryan Scott.**

Tumble Tackies

My running shoes are filthy from running in the mud this winter. Can I pop them in the washing machine? – SANDRA, Sandton

The makers of your shoes will tell you no – we say yes. But there are important things to consider before you do. Firstly, wash excess mud off your shoes under a garden tap or hose, because your washing machine can't deal with a meadow full of mud. Secondly, turn the temperature of your machine cycle to 30°C or less – a hotter water temperature than that could be enough to make the upper shrink and pull away from the sole. If you don't have this option, rather skip the machine wash and opt for a medium-strength bristle brush.



Ryan Scott is a gear guy who's comfortable running on road and mountain trails alike, and is seldom seen wearing the same pair of shoes twice.

PHOTOGRAPHS BY JAMES GARAGHTY (T-SHIRT, FOOT MASK, NIKE SHOE), SUPPLIED (GOPRO), MITCH MANDEL (WASHING MACHINE)



thank you running

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SPORTS PENDANTS

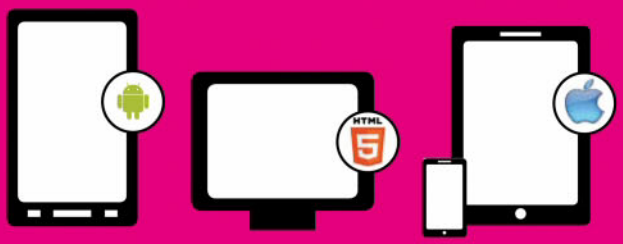
The journey of the pendant began in 1994, when jewellery designer and sports enthusiast Bernard Harberl realised his passion for sport and talent for Jewellery design could be combined. Just a tech student at the time, Bernard designed his first sport pendant – 'The Running Man'. Many professional runners and athletes were intrigued by its charming, stylised design; but more so, its symbolism, embodying what the sport of running really is.

A year after 'The Running Man' made its debut, Bernard started his own jewellery business, Bernard's JD&M; and his sports pendant was put on hold. Twenty-one years later, the concept has been brought back to life by the passion that people have for their sport – whether they're professionals, or practise the sport for fun, or even are just sport supporters, the Sports Pendant Range is accessible and appealing to everyone.

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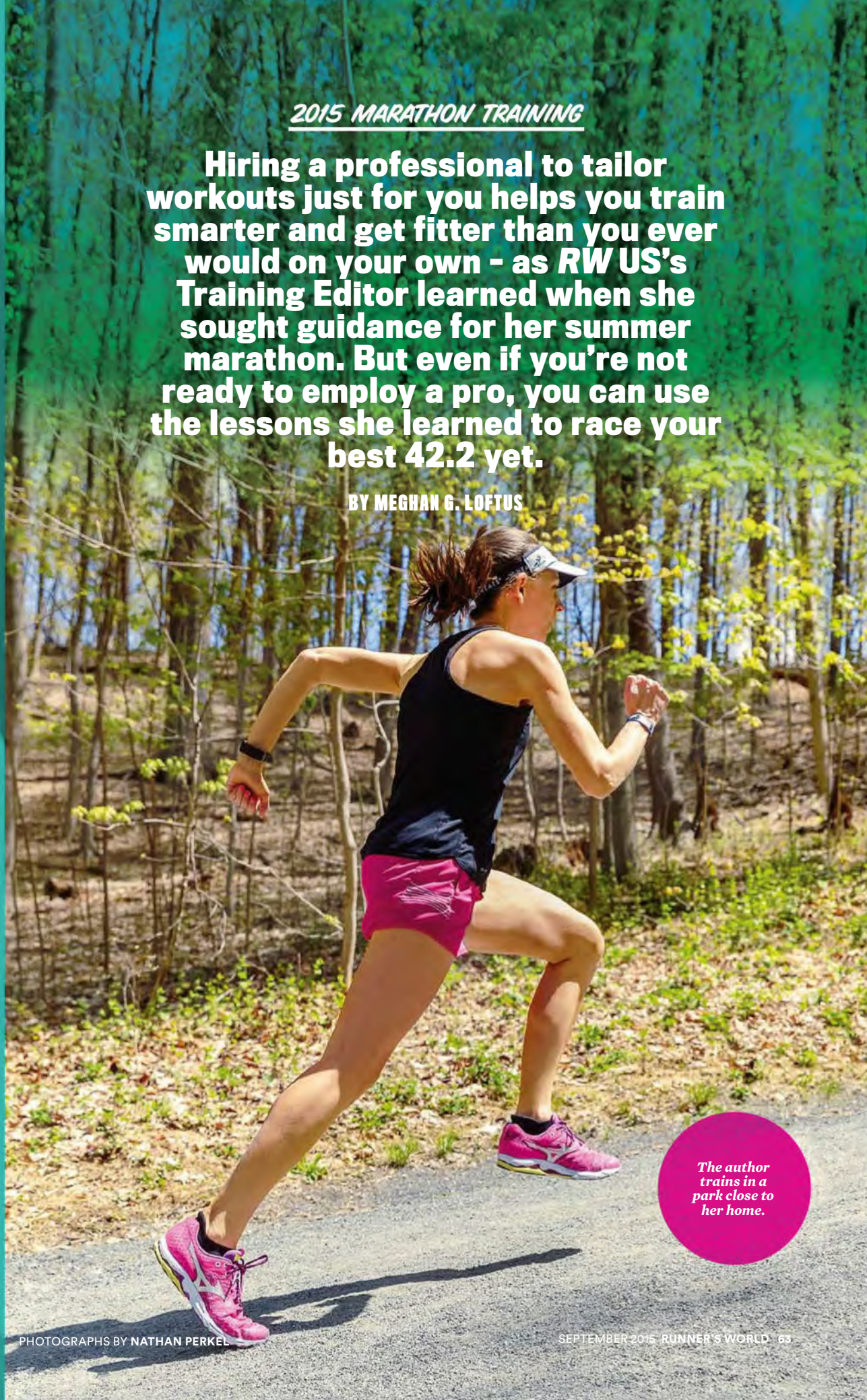


YES, COACH?

Hiring a professional to tailor workouts just for you helps you train smarter and get fitter than you ever would on your own – as *RW* US's Training Editor learned when she sought guidance for her summer marathon. But even if you're not ready to employ a pro, you can use the lessons she learned to race your best 42.2 yet.

BY MEGHAN G. LOFTUS





The author trains in a park close to her home.

PHOTOGRAPHS BY **NATHAN PERKEL**



I'M RUNNING ON A ROAD LINED WITH CUTE SHOPS AND YELLOW FOLIAGE, MY EYES LOCKED ON THE FINISH LINE OF MY SUMMER MARATHON.

The sun is shining but the air is cool – a perfect October day. I pass my mother and fiancé whooping and taking photos from the pavement. In my mom's purse there's a single-serving bottle of champagne from my tog bag that I'd asked her to bring for my post-race celebration.

I'd dreamed of this moment for nearly a year, ever since I hired my coach, Alicia Shay of the Run SMART Project. I had run 13 marathons, finishing many within a five-minute window. I had tried all kinds of plans but felt like I needed help to break through my plateau and qualify for the Boston Marathon, a goal I'd chased for four years. A (fast) colleague told me how a coach helped her take 20 minutes off her PB and smash her required Boston qualifying time.

Working with a coach might seem like a privilege reserved for professional runners, whose livelihoods depend on performance, and an extravagance for 'everyday' runners like me – one that can cost R650 to R2 500 per month. Yet arguably, recreational athletes benefit even more from the attention, knowledge, and guidance of a coach. Paul Sorace, 42, an exercise physiologist, hired coach Janet Hamilton to help him train smarter for his second mar-







Clockwise from top: the author at kilometre 30; her mom (left) and fiancé; post-race tears; coach Alicia Shay.

COURTESY OF ALICIA SHAY (CENTRE LEFT)





From top: the author at the start; her training diary; crossing the finish; pre-race breakfast; done!







athon, and set personal records in five sequential 42.2s. Sokphal Tun, 35, a grants co-ordinator, hired her coach, Clay Battin, to help her bust through a plateau and qualified for the Boston Marathon in the first race she ran. Theodora Blanchfield, 32, a social-media manager, worked with coach Jess Underhill to achieve her goal of breaking four hours. Indeed, the business of personal coaching is growing: the Road Runners Club of America (RRCA) counts more than 4 500 certified coaches, up from 310 in 2005. Options abound, online and in person. While runners in large cities may have more 'local' coaches to choose from, many still rely on email, phone, text message, or Skype to communicate with clients.

I set up calls with a few coaching candidates to detail my history, my goals, and the amount of time I could devote to improving. My fast colleague's coach works with the Run SMART Project, which is how I found Shay, a two-time US National Collegiate Athletic Association 10 000-metre champion who now runs professionally for the Nike Elite Trail Team.

"The right coach is willing to push you when you need to be pushed, but also wise enough to rein you in when it's appropriate," says Hamilton, an exercise physiologist who provides online coaching via RunningStrong.com. "He or she is going to look at you as an individual and try to find out what the missing pieces of your puzzle are, then design your training plan around that."

Via emails, texts, and occasional phone calls, Shay helped me train harder and smarter than I ever had. I loved not having to plan my training: I could turn off my brain and just do the work. Whenever I doubted myself, Shay was there to encourage me. Whenever I had a life obligation that came up, Shay was there to rearrange my runs. She helped me maintain high (for me) mileage without getting injured or sacrificing quality workouts. By the end of my training cycle, I felt confident, strong, and better prepared than I'd ever been to race 42.2. I imagined myself crossing that finish line victorious, exhausted but not wrecked, with a huge PB to show for it. I was going to qualify for Boston! I was going to brag on social media! I was going to shake up my mini-bottle of champagne and spray it all over everyone, like NASCAR drivers do!

Instead, at the finish line, I drenched only myself, with tears and snot instead of bubbly. My legs cramped. My body shivered. I felt like a heap of rubbish, which was an improvement over how I felt during the last 15 kilometres of the race. I did manage a PB – 3:34.53, per the official results, or seven seconds under the time I needed – but it was not the sub-3:30 my training had suggested was possible. "I h-h-h-hate marathons," I choked out between sobs to my sympathetic fiancé (who'd heard all this before). "Why do I do this to myself? I'm never running one again."

That was a lie, of course, but every marathoner should ask herself, *Why do I do this?* Why train for months for one painful day that will take weeks to recover from? Why shell out the cash to hire a coach (I paid R1 500 per month to work with Shay) if a perfect race isn't guaranteed? Because – in spite of my marathon experience – the right coach will improve your training experience, enable you to become fitter than you've ever been, and teach you important lessons about the marathon.

LESSON 1

ACHES AND PAINS MUST END BEFORE TRAINING CAN BEGIN.

A couple of years ago, during and after every run, my right hip would hurt. I consulted a trainer at my gym who told me to stop strength-training and start stretching. When that didn't work, I went to see a physical therapist, who told me to stop stretching and start strength-training. When that didn't work either, I simply continued to run through the pain. Two unpleasant, subpar marathons later, I knew I needed help.

When I first hired Shay, fixing this issue was at the top of our to-do list. She and her go-to chiropractor and physiotherapist, AJ Gregg, got me to do a strength and flexibility assessment via Skype. It included basic moves like planks and side planks that left my right hip sore for days. Turns out, I was both weak (in my hips, glutes, and core, especially on the right side) and tight (especially in my right hip).

Many runners share these problem areas, Gregg says: most of us sit too much, which displaces activities that help maintain proper movement patterns and allows the glutes to lie mostly dormant. When you run, the glutes should be propelling you forward and stabilising your femurs. If they stay dormant, the body shifts the work to other muscles that aren't built for that kind of stress. In my case, this shift caused my right leg to move in a way that wore on my labrum, the fibrocartilage in my hip joints, and the overuse of the area made my right hip flexor even tighter.

"It's like you have a flat tyre," Shay said. "Imagine

if we could get your weak side functioning like your stronger side does – exciting prospect!" Gregg prescribed a strength-training and stretching routine that successfully held off the hip problems throughout the rest of my training. (See 'Strength Moves for Everyone', right.) I finished my goal marathon hurting in a lot of places, but my hip wasn't one of them.

LESSON 2
A STRONG FOUNDATION IS KEY.

My go-to training plan pre-Shay started at 40 kays per week and ramped up to a max of 80 in 13 weeks. The low-mileage starting point worked for the kind of runner I was: I liked to follow a training plan, run a race, then take the next month (or two, or three) to "slack off while I still can" before starting my next cycle. But the rapid ramp-up would leave me physically drained – I'd often get sick during the taper – and mentally hating running.

Due to my extended breaks, neither my musculoskeletal system nor my cardiovascular system was primed to handle even the first week of that plan, Shay says, so I built my entire training cycle on a shaky foundation. "Imagine a nice stair-step progression," she says. "You were trying to make this huge box jump instead of walking up the stairs." That metaphorical box jump is what probably led to my many pre-marathon colds: stress of any kind can have a negative effect on the immune system, Hamilton says, whether it's from working too many hours, separation from a loved one, or running too many kilometres too quickly.

The ramp-up's stress took a

STRENGTH MOVES
FOR EVERYONE



Marathoner Edi Verdugo demonstrates a move to build glute strength.

If you've ever had a foot, knee, or back injury, chances are the problem originated in your hips. "Core and hip stability are the biggest things runners can work on for prehab, because a lot of injuries come from the hip," says physiotherapist AJ Gregg. These moves can help fend off problems and build strength.



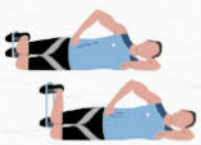
McGILL CRUNCH

Lie on your back, knees bent. Place one hand under your lower back and the other on your stomach. Use your lower abdominals to lift your head and shoulders without allowing the curve in your lower back to change. Hold 10 seconds, then lower. Repeat 10 times. Do three sets.



SIDE PLANK

Lie on your left side, then rise up onto your left forearm and your left foot so that your neck, back, hips, and legs form a straight line. Hold for 30 seconds. Then, drop and raise your left hip so it "kisses" the floor five times. Lower and repeat on the right side. Do three sets.



REVERSE CLAMSHELL

With a resistance band around your ankles, lie on your left side. Bend your knees 90 degrees and raise your right leg to form a straight line from your hip. Keeping your knees apart and your pelvis in place, open and close your feet. Do eight to 12 reps, then switch sides. Do three sets.

OPENING SPREAD, LEFT: PHOTOGRAPH BY MATT RAINEY; THIS PAGE: STYLING BY SHEA DASPIN. SITTINGS STYLING BY KRISTINA KITCHEN FOR ZENOBIA AGENCY. GROOMING BY FRANCES LORDAN FOR ZENOBIA AGENCY. CLOTHING: SALOMON SHIRT, CW-X SHORTS, 361° SHOES

PHOTOGRAPH BY **PETER YANG**



MONSTER WALKS

Loop a resistance band around your ankles, stand with your legs shoulder-width apart, bend your knees slightly, and hinge at the hips. With your right foot, take a small step to the right, then follow with your left foot. Eight walks right then eight walks left is one set. Do four sets.



EXERCISE BALL HAMSTRING CURL

Lie on your back with your arms extended and your feet resting on an exercise ball. Raise your hips so that they, your back, and your legs form a straight line. Then, keeping your feet on the ball, bend your knees to roll it towards you, then away from you. Do three sets of eight reps.



SIDE PLANK CLAMSHELL

Loop a resistance band just above your knees, then lie on your left side. Bend your knees at a 90 degree angle, then rise up on your left forearm in a partial side plank. Open and close your legs from the knees, keeping your ankles together. Do eight to 12 reps, then switch sides. Do three sets.



SINGLE-LEG GLUTE BRIDGE

Lie on your back with your knees bent. Straighten your left leg. Pressing through your right heel and keeping your core braced, raise your hips off the floor until they form a straight line with your back and the top of your right leg. Lower. Repeat 10 times, then switch sides. Do two sets.

ILLUSTRATIONS BY **ANDREA MANZATI**

toll mentally as well, and the fact that I was training on my own probably made it worse, says Dr Cindra Kamphoff, director of the Centre for Sport and Performance Psychology in Minnesota, US. "That plan you download online may not be great for you, and if you hit a hurdle in your training, it's going to be difficult for you to know what to do," she says. "Coaches have an individualised approach, and it's easier to trust that they know what's best."

I spent a year training with Shay, first for a spring half and then for a marathon in the summer. Due to my injury history, she took care to increase my mileage slowly. "There's a lot that goes into the decision of how much volume a coach gives an athlete," Hamilton says. "Doing more may not be the right thing. I always ask: how little can I get away with and still get them to their goal?"

Over the course of the year, Shay helped me build a base that allowed me to average a little over 80 kilometres per week throughout the 16 weeks leading up to the marathon. This preparation along with my coach's support helped even the most intense training weeks feel, well, not that bad. I never experienced the "I'm so sick of running" feeling I'd had in every previous marathon training cycle, and I arrived at the starting line healthy.

LESSON 3
POWER ISN'T JUST FOR SPRINTERS.

At the beginning of each week, Shay would populate an online calendar with my workouts for the next seven days. The first time I saw a hill-sprint workout there, I said aloud, "Oh, no." And then, "Did she forget what distance I'm training for?" To me,

WHAT'S IT LIKE TO WORK WITH A COACH?

HERE'S WHAT TO EXPECT WHEN YOU HIRE AN EXPERT.

A GOOD COACH WORKS AROUND YOUR SCHEDULE

Adjusting a standard plan (with its Sunday long runs and mid-week speedwork) can be tricky. "I'm a nurse, so I have a crazy schedule," says Sally Boyd, 57, one of Hamilton's athletes. "Janet looks at that and makes it work."

A GOOD COACH CAN MAKE ADJUSTMENTS

"I would follow a canned training program to a T, unless I got the flu and was bedridden," Paul Sorace, Hamilton's client, says. If you start feeling tired, sick, or injured, a coach can help determine if a workout will do more harm than good.

A GOOD COACH CAN REIN YOU IN...

Boyd was on crutches when she started emailing with her coach due to a stress fracture from doing too much, too soon. Hamilton taught her about rest days, strength-training, and the importance of running easy on easy days.

...AND PUMP YOU UP

A good coach should help you deal with the highs and lows of training and racing, Kamphoff says. When Shay learned that my marathon didn't go as I'd hoped, she praised the quality of the work I'd put in and reminded me to savour my PB.

EXPERIENCE REQUIRED

Coach Alicia Shay of the Run SMART Project designed this plan specifically for author Meghan Loftus – a 13-time marathoner who'd logged 50 to 65 kilometres per week consistently for the previous six months. If you hire a coach, you will get a plan tailored to your strengths, weaknesses, current running goals, and work and life schedules. Or try one of the *Runner's World* marathon training plans at runnersworld.co.za/training.

	MON	WARMUP (MI.)	TUE	COOLDOWN (MI.)	WED	WARMUP (MI.)	THU	COOLDOWN (MI.)	FRI	WARMUP (MI.)	SAT	COOLDOWN (MI.)	SUN	TOTAL KM
1	Easy 10 kays	5	6 × 20-sec. hill sprints with 90 sec. rest	2	OFF	3	8 × 2.00 at TH with 1.00 recovery	3	OFF	-	20 kays LSD	-	Easy 12 kays	62
2	Easy 12 kays	3	5 × 4.00 at TH with 1.00 recovery	3	Easy 8 kays	3	12 × 1.00 at REP with 2.00 recovery	1	OFF	-	22 kays LSD	-	Easy 12 kays	75 ●
3	Easy 8 kays	5	8 × 20-sec. hill sprints with 90 sec. rest	2	OFF	-	Easy 12 kays	-	OFF	6	4 × 1 kay at MP with .5-kmre-covery	6	OFF	46
4	Easy 10 kays	2	4 × 200 m at REP with 200 m recovery, 4 × 400 m at REP with 400 m recovery, 4 × 200 m at REP with 200 m recovery	2	OFF	-	Easy 12 kays	-	Easy 8 kays	12	3 × 10.00 at MP with 2.00 recovery	6	OFF	64
5	Easy 12 kays	2	1 kay at TH, 2.00 recovery, 3 kays at TH, 3.00 recovery, 2 × 1-K TH with 1.00 recovery	2	OFF	5	10 × 20-sec. hill sprints with 90 sec. rest	2	Easy 12 kays	-	25 kays LSD	-	OFF	69
6	Easy 12 kays	2	1 kay at MP, 1 kay at TH, 3.00 recovery, 10 × 45 sec. at REP with 90-sec. recovery	2	OFF	3	8 × 2.00 at TH with 30-sec. recovery	3	Easy 12 kays	10	2 × 6 kays at MP with 4.00 recovery	5	OFF	74
7	Easy 12 kays	5	12 × 1.00 at REP with 2.00 recovery	3	OFF	-	Easy 12 kays	-	Easy 4 kays	6	5K race	8	Easy 4 kays	66
8	Easy 12 kays	2	1 kay at TH, 1.00 recovery, 3 kays at TH, 2.00 recov-ery, 1 kay at TH, 4.00 recovery, 6 × 30 sec. at REP with 90-sec. recovery	2	OFF	-	Easy 13 kays	-	OFF	35	6 kays at MP, 1 kay recovery, 4 kays at MP, 1 kay recovery, 3 kays at MP	5	Easy 6 kays	74
9	Easy 6 kays	6	10 × 20-sec. hill sprints with 90-sec. rest	2	Easy 6 kays	-	Easy 10 kays	-	OFF	-	25 kays LSD	-	OFF	58
10	Easy 12 kays	3	8 × 1.00 at REP with 2.00 recovery, 8 × 30 sec at REP with 90-sec. recovery	2	OFF	-	Easy 12 kays	-	OFF	6	5 × 3 kays at MP with 2.00 recovery	6	Easy 6 kays	74
11	Easy 12 kays	2	4 kays at TH, 3.00 recovery, 3 × 1 kay at TH with 1.00 recovery	2	OFF	-	Easy 12 kays	-	OFF	-	28 kays LSD	-	Easy 8 kays	75
12	Easy 6 kays	2	5 × 3.00 at TH with 30-sec. recovery, 3.00 recovery, 5 × 3.00 at TH with 30-sec. recovery	2	Easy 12 kays	-	Easy 12 kays	-	OFF	6	4 × 5 kays at MP with 3.00 recovery	5	Easy 8 kays	87
13	Easy 8 kays	-	OFF	-	Easy 6 kays	-	Easy 12 kays	-	Easy 10 kays	-	32 kays LSD ●	-	OFF	67
14	Easy 12 kays	3	6 × 90 sec. at 5K pace with 90-sec. recovery, 6 × 1.00 at REP with 2.00 recovery, 6 × 30 sec. at REP with 1.00 recovery	2	OFF	-	Easy 12 kays	-	Easy 6 kays	8	10 kays at MP, 4.00 recovery, 2 × 5 kays at MP, 3.00 recovery ●	3	OFF	77
15	Easy 10 kays	2	3 kays at TH with 2.00 recovery, 2 kays at TH with 1.00 recovery, 2 × 1 kay at TH with 1.00 recovery	2	OFF	-	Easy 6 kays	-	Easy 8 kays	-	Easy 13 kays	-	OFF	53
16	Easy 8 kays	2	5 × 1K at TH with 2:00 recovery	2	OFF	-	Easy 6 kays	-	Easy 5 kays	-	OFF	-	Race Day	30

KEY

EASY A comfortable pace, which may vary from day to day.

MP Marathon pace, used to experience race-pace conditions.

TH Threshold pace (about half-marathon pace), which improves endurance.

REP Repetition pace (similar to mile (1 600m) race pace), which improves speed and economy.

A FEW FOOTNOTES ON MY TRAINING

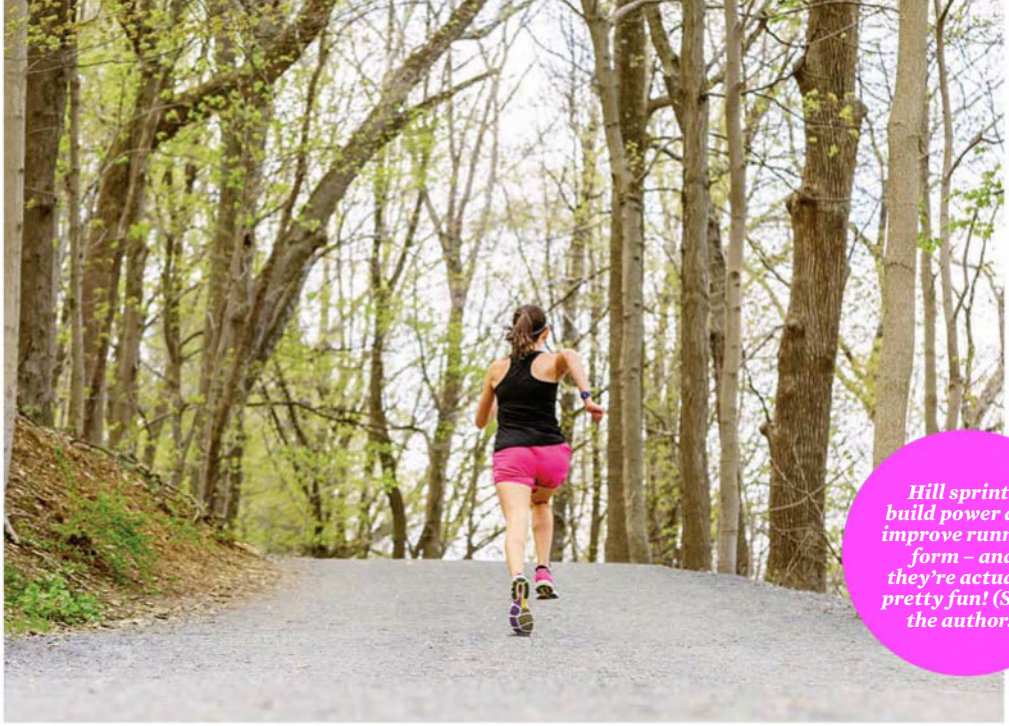
- I was on holiday this week. Instead of running less (as I would've done on my own), Shay gave me more. I told her how tired I was afterwards, so she took it easy the next week.
- Shay made me do this run on a Friday: I told her I had a wedding on Saturday, and because alcohol inhibits muscle recovery, she wanted me to abstain after long runs.
- Bonking on this 'dress rehearsal' run worked out well: Shay helped me identify and fix the problem (see LESSON 6 on p70).

YOUR FIRST DAY

CAPE PENINSULA MARATHON
RACE DAY 21/02/2016
START TRAINING 16/11/2015

OTTOSDAL NITE DRAF EN TRAP
RACE DAY 30/01/2016
START TRAINING 05/10/2015

MANDELA DAY MARATHON
RACE DAY 28/08/2016
START TRAINING 02/05/2016



Hill sprints build power and improve running form – and they're actually pretty fun! (Says the author.)

one of the perks of training for a marathon was avoiding the all-out, lungs-and-legs-burning, I-can-taste-blood kind of speedwork that 5-K runners endure regularly.

I emailed her to ask about this odd-seeming workout. "Most runners have stronger engines compared to the structure needed to support the engine," Shay replied. "The goal of hill sprints isn't necessarily speed but the ability to recruit more muscle fibres as you fatigue in workouts and races."

Shay went on to detail another benefit of these workouts: improved form. I'd sent her race photos to show how my right leg kicks out at the back of every stride, probably a product of the same issues that led to my hip injury. "With any type of hill workout, it becomes very difficult to have sloppy form, so integrating hill sessions can help with form corrections," she said. "Hill reps are a great way to become aware of how you are powering forward."

As strange as it was for me to try workouts that involved 10- to 20-second uphill sprints with 90 seconds of complete walking/standing rest, they worked as promised. I started to feel like I was actually drawing power from the glutes I was working so hard to build in the gym, especially at and above half-marathon pace. I really noticed this in the half I completed six months before my marathon, where I ran a two-minute PB.

LESSON 4
NEVER DO THE SAME WORKOUT TWICE.

Two workouts common to many plans are mile (1 600m) repeats and Yasso 800s. And while both are worthy options, doing the same workouts week after week (and training cycle after training cycle) stops challenging your body – and your mind. "Doing the same thing makes you stale," Shay says. "Your body responds to different sorts of stimuli to make different adaptations. Doing different workouts at a variety of paces only serves to enhance your fitness."

Run SMART Project coaches like Shay use a recent race or time-trial time and a running calculator developed by the group's founder, legendary running coach Jack Daniels, to determine what your paces should be for different kinds of workouts. Shay regularly assigned me runs with segments at threshold pace (slightly faster than half-marathon pace, meant to improve endurance) and rep pace (roughly 1 600m pace, meant to improve speed and running economy). Some workouts included repetitions based on time, while others were based on distance. Some had me running all reps at a single pace, while others had me changing paces two or three times. I regularly had to write my workouts on my hand before heading out, just to remember them – they challenged me physically *and* mentally.

LESSON 5
IF YOU HAVE A TIME GOAL, NOT ALL LONG RUNS SHOULD BE SLOW.

Many training plans feature a weekly long, slow run, prescribed at one to two minutes slower than goal marathon pace, which is fine if your main goal is to finish the race. "I was listening to a talk that [elite running coach] Renato Canova gave, and he

A WINNING RACE-EVE MEAL

This night-before dinner has a good mix of protein and simple carbs to fill you up without dooming you to a race morning spent in the portaloo.

MUSTARD-AND-BROWN-SUGAR-RUBBED SALMON

INGREDIENTS

- **1 tablespoon dark brown sugar**
- **1 ½ teaspoon salt**
- **1 teaspoon freshly ground black pepper**
- **½ teaspoon ground cumin**
- **¼ teaspoon mustard powder**
- **4 salmon fillets (170 grams each), skin removed**
- **1 teaspoon olive oil**
- **2 cups cooked white rice**

DIRECTIONS

1/ Stir together sugar, salt, pepper, cumin, and mustard powder in small bowl. Unwrap fish and leave it on the paper you bought it in, placing it so the side that had skin is down. Press sugar mixture evenly onto fish.

2/ Heat oil in large non-stick or cast-iron skillet over medium heat. When hot, place fish rub-side down in pan. Cook until rub dissolves and darkens slightly (being careful not to burn), about 4 minutes. Flip fish and cook to medium doneness, about 1 minute.

3/ Divide rice into four portions and top each with a salmon fillet.



A meal that combines protein and carbs the night before a long run or race helps you feel satiated and ready to run.

was poking fun at marathoners, how they say, 'In a marathon, anything can happen,'" Shay said. "That shouldn't be the case. Runners do so much running faster or slower than marathon pace, then they're trying to race at a pace they're not familiar with. You shouldn't step onto the line and be thinking, *What's this pace going to feel like?*"

To avoid overworking me, Shay alternated: one weekend she'd give me a long, slow run, and the next, a long run with segments at marathon pace. I built up to a couple of 30-plus-kilometre runs that had 20 or 22 of those kilometres at goal pace. The point of these workouts was to train my body and mind to run at that pace, and to build my confidence in my ability to hold it for a whole marathon.

I ended up enjoying the interval-like long runs more than the two- to three-hour steady-state slogs. Changing paces kept my mind engaged, and I felt post-long-run fatigue I hadn't experienced since the first time I attempted 25- and 30-kilometre runs – a good thing. "Marathon training is not easy, so you should never feel like you're breezing through it," Shay says. "If you do, you're not reaching your potential or training properly."

LESSON 6
TREAT YOUR GUTS WITH RESPECT – AND NOT JUST ON RACE DAY.

I remember being at a bar the night before the first 15-K race of my first marathon-training cycle with a friend who was also training for her debut. We decided to order cheese-covered chips to go with our beer, for carb-loading. Unfortunately, as my marathon ambitions became more ambitious, my diet didn't change, not even in the days leading up to my races. I would eat and drink with reckless abandon – the more kilojoules, the better, right? – and then I would wonder why I spent most of race morning in the portaloo. *I must have really bad pre-race nerves,* I thought.

Luckily, I bonked during my last long run before the marathon, complete with pre-run gastrointestinal rage. Alicia asked what I'd eaten the day before, and I told her – lots of pasta, beer, a hot dog, snacks... about what I'd eat the day before a marathon. "You ate around 10 servings of gluten/wheat," she replied. "Combine that with a nervous digestive tract, and you *will* have problems. Wheat is such a big offender for so many people."

Depending on the person, the potentially inflammatory component in wheat may be gluten (a protein composite), fructan (a short-chain carbohydrate), or something else entirely. Nancy Clark, a registered dietician and author of *Nancy Clark's Sports Nutrition Guidebook,* says consuming too much fibre from wholewheat products could be more irritating to some people than the gluten. Quantity also matters: "Some people can tolerate a normal amount of wheat, but when you eat a lot, it sort of tips the balance," Clark says. "The dose may be the poison."

To be safe, Shay made me eliminate wheat almost completely the day before my marathon. I had a slice of toast with breakfast, then switched to other carb sources for the rest of the day. I snacked on bananas and rice cakes. Lunch was a chicken wrap on a corn tortilla; dinner, a salmon fillet with white rice (see 'A Winning Race-Eve Meal', on the left). The next day, I needed only two fingers instead of two hands to count the number

FOOD STYLING BY PAUL GRIMES

PHOTOGRAPH BY **MITCH MANDEL**

of times I went for a number two pre-race. Was it the lack of wheat? Maybe, says Shay: "It could have just been you were more careful about what you ate." But I do know that for the first time, I arrived at the starting line hydrated, and it was wonderful.

LESSON 7
DON'T HANG YOUR HAPPINESS ON YOUR FINISHING TIME.

"I tell my athletes that phenomenal performances are a combination of a really good training plan, really good execution, and the alignment of the planets," Hamilton says. The reality of the marathon is: you will be training for at least a few months for a single day. It is unlikely that everything will come together perfectly. It might be windy. You might have a cold. It might be windy *and* you might have a cold.

Or you might fall prey to a seemingly inexplicable bout of insomnia. Two nights before my marathon, I awoke at 2am and couldn't get back to sleep. On race-day eve, I managed only an hour or two of shut-eye. That had never happened in training. (I'd also never read on my light-emitting e-reader before trying to sleep... except for the two nights before the race.) I could barely string together a sentence as I pinned on my number on race morning, and despite months of dedicated training, neither my legs nor my brain felt primed to compete.

In my dopey state, I broke one of running's cardinal rules: Don't Try Anything New on Race Day. With my breakfast, thinking it might give me a boost, I had a fizzy, caffeinated sports drink that I was used to consuming post-run. Instead, it created a hostile gastrointestinal environment for all the fuel I would take in during the race. By kilometre 28, my mantra had become, "Move forward without puking." I fell short of my lofty goals, I didn't enjoy myself, and I walked away bitter.

"Rigid expectations aren't helpful," Kamphoff says. "Let's say my goal is to run a 3:30, and I might believe that I can, because I've had a coach – and then I get in the race, and that's not happening for me that day." The race can go wrong mentally long before it goes wrong physically, she says, and even a PB can feel like a failure.

A few months after my marathon, I met Shay in person, and we talked about what I should do next. "You need to choose a goal that inspires you," she told me. It seems obvious, but it made me realise something: I've been so focused on qualifying for the Boston Marathon for the past few years that I never stopped to consider whether the pursuit was making me happy. And it wasn't!

Since I'm not a runner who loves every moment of marathon training – especially not the parts that happen above 20 degrees – I'll never be one to say, "Well, I didn't nail the time I wanted, but the journey that got me to race day was *so* worth it!" The race itself has to be worth it. From now on, I'm skipping 'fast' marathons – which are only fast if it's cool, and you're healthy, and you get some sleep the night before – and entering ones that advance my goal of going 42.2 in every part of the country. To me, the journey of marathon training is worth it if it literally takes me to a place I've never been before.

And I may never have realised that without Shay's help.

Q: QUESTIONS FOR YOUR COACH

Once you've found candidates with physiology or anatomy backgrounds and experience with marathoners, here's what to ask them.

How many runners like me have you coached?

It's helpful to have a coach who not only has experience with your chosen distance, but also has successfully trained runners of your age, gender, and ability level, Hamilton says.

What's your coaching philosophy?

Ask about the kinds of workouts and the amount of volume the coach thinks might be right for you, Shay says. Listen carefully to the answer – you'll get a sense of what to expect if you sign on, and a feel for whether the coach knows her stuff.

What's your experience working with individuals?

If the bulk of a coach's experience is, say, overseeing charity training groups, that's a different skill set from writing a personalised plan and giving one-to-one attention, Hamilton says.

How much personal interaction can I expect to have?

"Coaching doesn't work out sometimes, because the athlete has different expectations to the coach," Shay says. If you're looking for someone you can call or text multiple times per week, and the coach is expecting to exchange emails a few times per month, you're not compatible.

What's your background in dealing with injury?

The best coaches for injury-prone runners have a background in exercise science or kinesiology, Hamilton says, and should be able to assess your strength and flexibility via Skype or in person.



BY MARK REMY, CLEMENT WHITTLE, ARTHUR JONES, SUE ULLYETT, LISA NEVITT, MIKE FINCH, PENNY CAIRNS, DAVE BUCHANAN, MARK ARENDSE, YISHANE LEE & THAMAR HOULISTON

THE NEW RULES OF RUNNING

What you need to know about short shorts, training etiquette, and flatulence – and other unspoken principles of the runners' code.

ILLUSTRATIONS BY MARCOS CHIN



RUNNING IS SIMPLE.

YOU DON'T NEED A ROOM FULL OF PRICEY EQUIPMENT, OR TO PHONE IN ADVANCE FOR A TEE TIME. RUNNING DOESN'T EVEN REQUIRE MUCH SKILL – NOTHING COULD BE EASIER. SO NATURALLY, THERE ARE TONS OF RULES. NOT FOR THE ACT OF RUNNING ITSELF, BUT ABOUT THE CODE – LARGELY UNSPOKEN – THAT GOVERNS BEHAVIOUR AND INFORMS DECISIONS IN SITUATIONS THAT EVERY RUNNER WILL ENCOUNTER SOONER OR LATER: DID THAT DRIVER REALLY JUST CUT ME OFF, AND AM I WITHIN MY RIGHTS TO GIVE HIM THE MIDDLE FINGER? WHAT DO I TELL A MARATHONER LURCHING ALONG AT KAY 35 LIKE A ZOMBIE IN SEARCH OF FRESH BRAINS?

HERE ARE SOME ANSWERS TO SUCH QUANDARIES. NONE OF THESE ARE RULES IN THE IAAF TRACK & FIELD COMPETITION RULES BOOK. BECAUSE YOU WON'T FIND RULES THERE ON FARTING IN A GROUP RUN. INSTEAD, THESE ARE GUIDELINES FOR MAKING RUNNING A LITTLE BIT HAPPIER, HEALTHIER, AND MORE FUN FOR EVERYONE.

BECAUSE THE FIRST RULE OF RUNNING IS JUST THAT: HAVE FUN!

1. HAVE FUN!

No other fact is so fundamental to running: done properly, running is fun. Even when you do it improperly, running is still inherently, liberatingly fun. If you doubt this, just spend a few minutes watching a child or a dog in any wide-open space. Their glee is instinctual and undeniable. I believe it was Aristotle who said, "Tramps like us – baby, we were born to run." Enjoy it. After all, there aren't many animal impulses we can act on in public without getting arrested.

2. DON'T RELIEVE YOURSELF IN FRONT OF OTHER RUNNERS.

3. BLACK TOENAILS ARE BADGES OF HONOUR – FOR YOUR OWN ENJOYMENT.

Run long enough, and you're bound to end up ruining a toenail or two. Whether it's because your shoes are too big or too small, or because you've run a race with punishing downhills, or the toenail gods happen to be in a foul mood on one particular occasion... someday, you will peel off your socks and see black where once there was pink. Congratulations! These bruised nails are tiny trophies, conferred upon you for toughing it out. But please – don't flash them in public. It's just gross. And black-toe selfies? I can't even.

4. YOU CAN DRINK BEER AFTER A RACE. EVEN IF IT'S ONLY 9AM.

5. LET ANGRY MOTORISTS GO.

I understand the impulse, when a driver has just pulled out in front of you, or turned directly in your path, or otherwise behaved like a jerk. I know how much you'd love to slap the boot of that driver's car, or shout at the person behind the wheel, helpfully suggesting that he or she "learn to drive". Or extend a certain digit in a certain direction. Do yourself – and all runners – a favour, and fight that impulse. Smile. Your lashing out isn't likely to change the driver's behaviour – and may, in fact, worsen it. For all you know, the still-seething $#%! may drive extra-close to the next runner he sees, just to make a point. Let him go.

6. ONE JAM DOUGHNUT = 3KM.

7. THE OPEN-ENDED QUESTION IS YOUR FRIEND.

Running with someone who's faster than you? And this person is oblivious to your gasping? If so, it's time to deploy that surefire weapon of struggling runners everywhere: ask the offending speedster a question so broad, he or she could spend 10 minutes answering it. And just might! This is particularly useful on long hills.

"So, how's the job?"

"Any holiday plans this year?"

"Popular culture: how about it, hey?"

8. NOBODY WANTS TO SEE YOUR BLEEDING NIPPLES.

9. FOR PETE'S SAKE, STAND STILL AT RED LIGHTS.

Sharks die when they stop moving. Runners do not. Keep this in mind next time you encounter a red light at a busy intersection. There's no need to jog in place, or dance from foot to foot like you have to wee. Just chill. Wait a few moments. (Note: if a non-runner waiting with you at the crossing is dancing from foot to foot, he or she may indeed have to wee. Give this person a wide berth.)

10. UNLESS YOU ACTUALLY THINK YOU MAY WIN A RACE, DON'T STAND RIGHT IN THE FRONT AT THE START.

11. LEARN AND LOVE THE FARMER'S BLOW.

Mastering the farmer's blow (or snot rocket) is a must for any runner. Here's how to do it right: breathe in through your mouth, like you're gasping. Lay a forefinger against one nostril and compress firmly. Purse your lips. Cock your head slightly in the direction of the open nostril (and away from the road/trail), and exhale forcefully through your nose. Repeat with opposite nostril, if needed.

12. IF YOU HAVE TO ASK YOURSELF: ARE THESE SHORTS TOO SHORT? THEN THE ANSWER IS 'YES'.

13. RUN LIKE A DOG.

Your dog doesn't care where he is or what time of day it is, or even what the weather's like. He doesn't know what his resting heart rate is, and rarely bothers to wear a watch. He just loves to run. And every time he does, his face and his body telegraph one simple message: This. Is. AWESOME. I'm runningrunningrunningrunning!

14. HOWEVER, SAUSAGE DOGS SHOULD NEVER BE FORCED TO RUN. GET A BORDER COLLIE, OR A JACK RUSSELL.



15. RUNNING WITH A DOG WILL ADD AN EXTRA SIX YEARS TO YOUR LIFE (BUT SEE RULE 14).

16. "LOOKIN' GOOD!" ...AND OTHER RUNNERS' LIES.

Lying is not something we normally endorse. But it's perfectly acceptable to tell a runner that he's looking good at kilometre 28 of a marathon when, in fact, he looks like an insomniac, who's trying to sneeze, and is confused because someone has switched his running shoes with replicas made of concrete. The go-to lie is "Lookin' good!" Or you could say, "If I weren't so awed by the apparent ease with which you're navigating this course, I might be angry with you for nearly knocking me unconscious with your very awesomeness!" You choose. The key is to say something. Even zombies appreciate encouragement. But...

17. ...THERE IS A SPECIAL PLACE IN HELL RESERVED FOR PEOPLE WHO SHOUT "NOT FAR TO GO NOW!"

18. NOBODY HAS EVER WATCHED CHARIOTS OF FIRE FROM BEGINNING TO END. NOT EVEN THE PEOPLE WHO MADE IT.

19. YOU CAN NEVER HAVE TOO MANY SAFETY PINS IN YOUR GYM BAG.

20. PASS GAS. NOT JUDGMENT.

Runners ingest a fair amount of healthy foods – well, some of us, anyway – which produce gas in the GI tract, where it cannot stay forever. Especially when that GI tract is bounced and jostled. Passing gas while running is excusable and inevitable. But: you may not mock another runner for having passed gas, unless he has previously mocked you for the same, or unless he mocks himself. If a runner has taken pains to mask his flatulence, pretend nothing happened. And you know what, it's fun to pretend that the gas you expelled is propelling you forward, like a little booster rocket. Um... that isn't really a guideline, though, is it?

One last caveat: 'dropping a dart' in among the throng at the start of a race is *not* acceptable.

21. PRE-RACE CROP DUSTING.

Similar to the start-of-a-race fart; but this happens when you're all crowded around a portable heater pre-race, and then someone is too lazy/selfish/psychotic to leave the warmth, and drops one right there. It's just not right.

22. NEVER LEAVE A MAN BEHIND... UNLESS HE INSISTS HE'S OKAY WITH IT.

It's fine to ask once or twice if a straggler is okay, or if he wants you to slow down for him. Asking three or more times, however, is more likely to annoy than to help. Take the straggler at his word, and run accordingly.

23. SMILE AT YOUR CRITICS.

A few people will never miss a chance to tear running down, or jab its adherents in the chest with a rhetorical finger. Oddly enough, the most vocal of such critics are often in terrible health themselves.

"Bad for your joints," they'll jab.

"You'll get arthritis," they'll jab.

"Running marathons?" they'll ask, jabbingly, between sips of their Black Label quart. "That'll kill you."

The best response is to continue running and loving it. Meantime, try inviting these critics to join you for a short run. Who knows? Maybe someday they'll accept your invitation.

24. RUNNERS DO NOT SHAVE THEIR LEGS.

Exceptions include most South African women; runners about to undergo some sort of leg surgery; runners who are competitive swimmers, cyclists, or triathletes; and runners who don't care what anyone thinks because they just like the way smooth legs feel, especially against satin sheets, and... anyway, what's the big deal?

25. A PB IS A PB FOREVER. BUT…

You may advertise a personal best (PB) time, or otherwise claim it as your own with no further explanation, for two years after setting it. After two years, however, it becomes uncool to tell people, "My marathon PB is 3:32" without providing a disclaimer: e.g. "My marathon PB is 3:12 – but I ran that 63 years ago."

26. WHEN YOUR ELASTIC'S GONE… MAN. IT. IS. GONE.

Men, this one is for you. Yes, you paid good money for those shorts. You've raced in those shorts. You love those shorts. But sooner or later, you will pull them on and feel roomy gaping where once there was a snug liner. This means that the elastic down there has gone slack. You will be tempted to wear them anyway. Don't.

27. ALWAYS WEAR SOCKS.

28. NEVER WEAR SECRET SOCKS.

29. NEVER RUN LESS THAN FIVE KAYS WEARING A FULL-ON HYDRATION PACK.

30. IF YOU'RE NOT VYING FOR A TOP-10 POSITION, THERE IS NO REASON TO SPRINT THE FINAL 100M OF A RACE.

31. EARLY-MORNING RUNS ARE BETTER THAN LATE-AFTERNOON RUNS.

They just are.

32. THERE IS PRE-RACE NUTRITION, AND PRE-RACE NUTRITION.

Energy gels are not necessary for a 5-K, unless you're moonwalking it backwards, over three days. Up the fire escape of the Sandton Towers. In a deep-sea diving suit.

33. OLD-SCHOOL POLY SHORTS ARE FROM ANOTHER ERA. LET'S LEAVE THEM THERE.

34. NEVER MISS A CHANCE TO THANK A VOLUNTEER/MARSHAL.

Even if you're running the race of your life, you can still manage a bit of eye contact and a nod as you grab a cup of water from an outstretched hand. Even if it feels like your quads are quite literally on fire, you can manage to sputter a short "thanks" to the course marshal standing at the intersection. It will make the volunteer feel good. And you, too.

35. BEFORE YOU REMOVE YOUR NEW RUNNING SHOES FROM THE BOX, YOU MUST SMELL THEM.

Open the box. Peel back the tissue paper. Behold those pristine shoes. Then lift the box to your face and breathe deeply. Mmmm… smells like potential. And possibly toxins. But mostly potential.

36. GREET OTHER RUNNERS.

Say hey!, good morning or howzit to other runners you pass. A smile, a wave or a "hello" go a long way. You might not always get one back, but most of the time you do. However, there is no need to greet cyclists.

37. RUN FACING THE ONCOMING TRAFFIC. AND WEAR REFLECTIVE CLOTHING.

38. IF YOU SAY YOU'RE GOING TO BE THERE, BE THERE.

39. MEN WEARING TIGHTS? FINE. MEN WEARING CAPRI'S? WE MUST NEVER SPEAK OF THIS AGAIN.

40. DON'T GIVE ADVICE UNLESS YOU'RE ASKED.

No exceptions. This applies even if you're a professional coach, Comrades Marathon veteran or Olympic gold medallist.

41. DON'T RUN IN COMPRESSION SOCKS…

…unless you're in the top 10 in a race, or running for longer than three hours.

42. NEVER HALF-STEP.

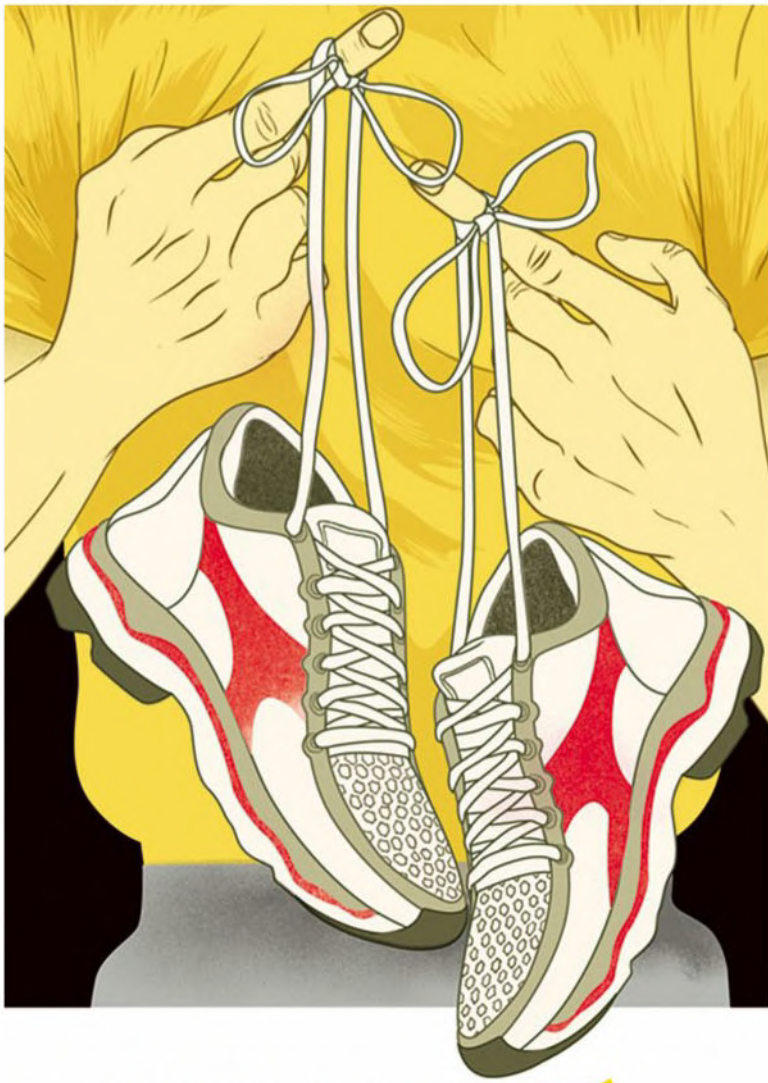
You know the guy who runs next to you, only slightly ahead… all the time? Be that runner, and lead a lonely life.

43. THE MAXIMUM ALLOWABLE TIME YOU NEED TO WAIT WHILE A RUNNER BATTLES TO FIND A GPS SIGNAL IS THREE MINUTES.

44. WE ARE RUNNERS. NOT JOGGERS.

45. ANY RUNNER WHO HAS COMPLETED A MARATHON WITHOUT WALKING DESERVES RESPECT - NO QUESTIONS ASKED.

46. NEVER RUN IN TRACKSUIT PANTS - UNLESS YOU'RE AN AMERICAN.



47. DON'T STOP DEAD IN YOUR TRACKS TO TIE A SHOELACE OR GET WATER… …OR YOU'LL FACE THE WRATH OF THE RUNNERS BEHIND YOU.



50. UNLESS IT'S PART OF A RACE PROMOTION, REFRAIN FROM SILLY COSTUMES AND MINIMALIST ATTIRE. ESPECIALLY MAN-KINIS AND SPEEDOS. IT'S NOT FAIR ON THE CHILDREN – OR ANYONE WITH EYESIGHT, FOR THAT MATTER.

48. KNOW YOUR PLACE.
With running's popularity growing and many races at capacity, starting lines get crowded, especially when ambitious (or impatient) runners and walkers start too far in front. ("At one marathon, there were some walkers four or five abreast, holding balloons and singing. It was exhausting to get around them.") Slowing down? Pull over to one side.

49. THE RUNNING CLUB CHAIN OF COMMAND IS DETERMINED BY AGE, NOT RACE TIMES.
Heed the words of wisdom from the old *toppies* who can recall a time when the 'Two' in Two Oceans also referred to the number of participants. They've celebrated more victories, suffered more setbacks, and made more dodgy gear *faux pas* than the new generation of speedsters.

51. IT'S NEVER OKAY TO FRATERNISE WITH ANOTHER RUNNING CLUB AT THE END OF A RACE. UNLESS THEIR BEERS ARE COLDER.

52. THERE IS NO REASON TO TWEET/FACEBOOK/INSTAGRAM DURING A RUN, OR TO TALK ON YOUR PHONE.

53. YOU'LL NEVER FEEL MORE INVIGORATED THAN WHEN YOU'RE RUNNING IN THE RAIN...

54. ...AND RUNNING ANY ROUTE IN ADVERSE WEATHER MAKES YOU 20% TOUGHER.

55. DON'T OVER-ACCESSORISE.
A running watch or GPS, sure. Plus a music device, if you must.

56. CROP TOP, SPORTS BRA. THERE'S A DIFFERENCE. FIND OUT.

57. NEVER CUT A RUN SHORT. UNLESS (A) YOUR LEG HAS ACTUALLY BEEN CUT OFF, OR (B) THERE'S A TSUNAMI.

58. TIME IS THE NEW DISTANCE.

59. USE THE WORD 'FARTLEK' AROUND NON-RUNNERS AS OFTEN AS POSSIBLE, WITH A COMPLETELY DEADPAN FACE.

60. A 20-MINUTE RUN IS A TOTALLY ACCEPTABLE PORTION OF EXERCISE.

61. YOU CAN'T WEAR THE T-SHIRT IF YOU DIDN'T FINISH THE RACE.

62. YOU CAN WEAR YOUR MEDAL AROUND YOUR NECK IF YOU'RE ON THE PODIUM AT THE OLYMPICS – NOT OTHERWISE. EVER.
The only place for medals is a specially selected old shoebox, a biscuit tin, or in your sock drawer.

63. NEVER COMPLAIN ABOUT NOT GETTING A MEDAL OR GOODIE BAG.
Be thankful that someone made the effort to put on a race.

64. DO YOUR BIT
Every club runner should marshal, sweep or play a support role in at least one race a year. Giving back is cool. And only fair.

65. HEADBANDS ARE RETRO-COOL. LEG WARMERS, HOWEVER, WILL NEVER BE.

66. NEVER WEAR WHITE SHORTS. TRUST US ON THIS.

67. SKORTS SHOULD BE MORE POPULAR.

68. MEN, IT'S NOT OKAY TO DRESS UP AS A WOMAN AND COMPETE IN A WOMEN-ONLY RACE.

69. CHAFE STORIES ARE ALWAYS FUNNY, BUT ONLY TO RUNNERS.

70. BRUCE FORDYCE IS STILL THE KING.

TO BEAT THE SUN

RW RUNNING the WORLD SEPTEMBER 2015

The Asics Beat The Sun Challenge ticked all the trail-running boxes: scenery, teamwork, and a goal so tough, most didn't make it.

WORDS: **MIKE FINCH** PHOTOGRAPHS: **SUPPLIED**



Rustenburg's Johnny Young, a former winner of the Rhodes Marathon and multiple Comrades silver-medallist, was one of the stars of the African team.

The mountains are the highest you will ever see. At 3 568 metres, Mont Blanc, a three-peak massif, towers above the little town of Chamonix. When you first look up at it, you realise: it's so high that the true peak – the one that takes 20 minutes to reach by two different cable cars – only reveals itself on a clear day. Most days, it's shrouded in cloud. There is no place on earth like the Alps, and there are few places like Chamonix. This is the adventure centre of Europe… skiing, mountain climbing, river rafting, hiking, mountain biking! If it makes you breathe more heavily, it happens in this little town in the south-east of France, just an hour's drive away from Geneva. On top of that, cheese fondue is the local speciality – big bowls of dripping deliciousness that invite hunks of fresh white bread to be dipped in and washed down with a crisp Chenin Blanc. In summer, the trails that wind their way up on either side of the valley are epic. For the most part, they're hiking trails; but in August each year, this is the venue for the world-famous 160km Ultra Trail Mont Blanc – the UTMB. In June this year, it was also the venue for the second Asics Beat The Sun challenge, an international team relay that meanders 148km around Mont Blanc, with a mind-blowing 8 370m of climbing. It's an invite-only event: there are six runners in a team – three professionals, and three selected amateurs – and there's one team each from Africa, Northern Europe, Southern Europe, Asia/Pacific, and the Americas. The first event was held in 2014, with just two teams, but its success encouraged organisers to expand the format. The challenge is to complete the course, relay-style, in the time it takes the sun to rise and then set again: 15 hours and 41 minutes. This year, some of the best trail runners in the world lined up. The African team included two South Africans: Leilani Scheffer, 36, and Johnny Young, 41, both from Rustenburg, who joined runners from Algeria, Kenya, Morocco and Egypt. Scheffer, a physiotherapist, was the runner-up at the Old Mutual Two Oceans Trail Run last year, while church minister Young is a former winner of the tough Rhodes Marathon, and a multiple Comrades silver-medallist. The event is essentially a race against nature, and with only one of the two teams having finished under 15:41 in 2014, all the entrants knew that beating the sun would be no easy task. Over some sections, runners climbed gradients that averaged 12 to 15 per cent for close to 10km. Their reward was magnificent views of the contours around Mont Blanc, but the rarefied air and technical conditions made the task of filling their lungs all the more difficult. Halfway through the race, Scheffer jockeyed the African team into first place after storming faster than anyone else down a 10km descent to the Italian town of Courmayeur; but when both the Kenyan and the Moroccan runners got lost, the African team slid down the field, and the Americas and Southern Europe battled it out for the win. The Americas eventually won by a mere five seconds, with Africa finishing fourth. But it was never about position; this unique challenge brought together runners from vastly different countries and cultures, and provided equal amounts of camaraderie and drama in the process. Team members cheered, screamed and encouraged each other, sometimes in languages that few could even understand. But the challenge was unrelenting, and with only two teams making the 15:41 mark, clearly nature had the upper hand. Former Ironman triathlon world champion Pete Jacobs said that the day was harder than some of his Ironman races: the tough climbs and steep descents turned his legs into jelly, leaving him stiff and sore for days after. As we headed back to Geneva the next day for our connecting flights back to SA, the sight of Scheffer and Young hobbling in pain confirmed that he wasn't alone.



The Asics Beat The Sun was trail running at its finest: 148km of tough, technical running, spectacular scenery, and a unique challenge.






AFRICA


asics





Exploring the coastal ecosystem, to which the little black Oyster Catcher bird is integral.

FEATURED RACE

Oyster Catcher Trail Run

Your introduction to multi-stage racing.







PHOTOGRAPHS BY MARK SAMPSON

THE DETAILS

Date: Friday 25 – Sunday 27 September
Venue: Sandpiper Sports Centre, Boggoms Bay, Garden Route
Distance and time: Day 1: 20km; Day 2: 20km; Day 3: 16km (St Blaize Trail) (1, 2 or 3 day options): 8am
Entries and registration: Pre-entries for the two- and three-day events, available on the TriSport website, will close on 18 September. There will be no late entries. Pre-entries for the one-day event will also close on 18 September, but you can also enter on 27 September, at 6:30am, at Dana Bay second beach.
Website: *www.trisport.co.za*

WHAT TO EXPECT

The first two days are relatively flat: there are short sections of beach, and hiking trails through nature conservancies. Never further than 200m away from the sea, you'll be treated to spectacular coastal views. On day two there is boulder hopping, and day three is run on the St Blaize hiking trail.

FINISHED. NOW WHAT?

Book your accommodation at the **Sandpiper Sports Centre.** Lunch at the end of each stage and transport from the meeting point to the start are included in your entry fee.

Looking for a bite to eat?

Admirals Buffet Restaurant, at the Garden Route Casino: delicious buffets, including treats. 044 693 3900
Beach Tree Restaurant: seafood and grills. 044 691 1325
Bahia Dos Vaqueiros, at the Diaz Strand Hotel: try the smoked ostrich, salmon and crocodile platter. 044 692 8400













From historical walks to helicopter flights, Mossel Bay offers activities for the whole family.

WHERE TO STAY

In and around Boggoms Bay…

Hotels
Protea Hotel Mossel Bay: from R420 pps. 044 691 3738

Lodges & Guesthouses
Ilita Lodge: from R420 per unit. 044 620 4143
Amzee Bokmakierie Guest House: from R840 per double room. 044 698 1738

B&B and Self-Catering
Sandpiper Guest Cottages: from R600 per unit. 044 699 1204
Point Village Self Catering Accommodation: varying rates. 044 690 7782

Caravanning/Camping
Point Caravan Park: contact for rates. 044 690 3501

WHAT ELSE TO DO

Along this beautiful coastline…

History and culture…
Bartholomeu Dias Museum; Maritime Museum; ATKV Hartenbos Museum of the Great Trek; Post Office Tree; Cape St Blaize Lighthouse; Mossel Bay Historic Walk; Point of Human Origins Experience

Shopping…
Langeberg Mall; Mossel Bay Mall; Garden Route Casino; African curios at Jacana; Mossel Bay Craft Art; Mossel Bay Food Route; The Goods Shed Flea Market

Beaches…
Boggomsbaai; Pinnacle Point; Dias; Glentana; Dana Bay; De Bakke; Eiland

Family fun…
Diaz Beach Water World; Hartenbos Waterpark; Equestria; Ethno Botanical Garden and Braille Trail; helicopter flights; skydiving; sandboarding; seal island cruises and shark cage diving.





PHOTOGRAPHS COURTESY OF **MOSSEL BAY TOURISM**

RACE DIARY

All the September running, multi-sport and adventure race listings.

Compiled by Craig Duncan, race editor (rwraceeditor@gmail.com)

ED'S CHOICE



An even faster route, for record-setting finishing times.

WESTERN PROVINCE

SATURDAY 19 – SUNDAY 20 SEPTEMBER

4.2 10 11 22 42.2

Sanlam Cape Town Marathon

Cape Town Stadium, Green Point, Cape Town; 19 September: 22km Peace Trail: 7am; 11km Peace Trail: 7:45am; 4.2km Peace Fun Run: 10am; 20 September: 10km Peace Run: 6:50am; 42.2km: 7am

Office 086 184 6464

www.capetownmarathon.com

In 2014, the event attracted more than 12 500 runners from 53 countries, including 29 elites. It was awarded silver status by the IAAF, making it the first marathon in Africa ever to receive this standing. Having achieved this unprecedented status, they are now going for gold in 2015.





DISTANCE ICONS: FIND EVENTS WITH YOUR FAVOURITE DISTANCES QUICKLY, USING THE FOLLOWING KEY: 0-9KM 10-19KM 20-29KM 30+KM

PHOTOGRAPHS COURTESY OF RACE ORGANISERS

WESTERN CAPE

BOLAND

SATURDAY 5 SEPTEMBER
5 10 21.1
Riebeek-Kasteel Half Marathon & 10km
Riebeek-Kasteel Church Hall, Riebeek-Kasteel; 21.1km: 7:30am; 10km: 8am; 5km Fun Run: 8:15am
Anneke Mouton 082 495 3234

SATURDAY 12 SEPTEMBER
5 10 21.1
Worcester Rainbow Half Marathon & 10km
N.I.D., de la Bat Road, Worcester; 21.1km: 7am; 10km Run and Walk: 7:15am; 5km Fun Run: 7:30am
Russell Cupido 082 532 0826

WEDNESDAY 16 SEPTEMBER
5 10
Moore Stephens Night Run
Coetzenburg Stadium, Stellenbosch; 10km: 6:30pm; 5km Fun Run: 6:45pm
Mohamed Ally 021 808 4689 / Lore Fullard 021 880 1718

SATURDAY 26 SEPTEMBER
5 10 21.1
Ceres Mitchell's Pass Half Marathon
Victoria Stadium, Ceres; 21.1km: 7:15am; 10km: 7:30am; 5km Fun Run: 7:45am
Roy Abrahams 072 709 7003

SOUTH WEST DISTRICTS

FRIDAY 4 SEPTEMBER
3 10
George Herald Run with the Stars 10km & 3km Night Run
Glenwood House, Glenwood Avenue, George; 10km: 6pm; 3km: 5:30pm
Thia Landsberg 083 477 4780 / 083 376 7414
www.aswd.co.za

SATURDAY 12 SEPTEMBER
4 15
Hartenbos Spar Spring 4km & 15km
Hartenbos Spar (parking area), Kompanje Avenue, Mossel Bay; 15km: 8am; 4km: 8:10am
Hettie Fourie 082 923 0831

SATURDAY 26 SEPTEMBER
5 10 21.1 42.2
PetroSA Marathon, Half Marathon & 10km
Santos Caravan Park, Mossel Bay; 42.2km: 7am; 21.1km & 10km: 7:10am; 5km Fun Run: 7:15am
Race Organiser (ASWD Office - Karla) 044 873 0023
www.aswd.co.za

WESTERN PROVINCE

SATURDAY 5 SEPTEMBER
5 10
Medihelp Bike & Tekkie Challenge
Jan Kriel School, Skool Street, Bosmans Estate, Kuilsrivier; 10km: 8am; 5km Fun Run: 8:15am
Suzette Goldie 083 766 3804

SUNDAY 13 SEPTEMBER
5 10
ARD 3 Vlei 10km
Fairmount High School, Klip Road, Grassy Park; 10km: 7am; 5km Fun Run: 7:20am
Race Secretary 072 122 4002

7
The Sunflower Fund 7km Fun Run/Walk for Charity
Mouille Point Lighthouse, Mouille Point, Cape Town; +/-7km: 10am
Shelley Windell 021 701 0661
www.sunflowerfund.org.za

THURSDAY 24 SEPTEMBER
4 16
K4K Charity Relay
Bishops High School, Campground Road, Rondebosch, Cape Town; 4 x 4km Relay Race & 4km Fun Run: 11am
Joan-Anne Harris 082 442 6545
www.southernstroll.com/k4khome.html

SATURDAY 26 SEPTEMBER
25 50 100
Cape Town Festival
Beach Road (close to the SABC studios), Three Anchor Bay, Cape Town; 100km, 50km, 5 x 10km relay & 5 x 5km relay: 8am
Kanu Sukha 072 210 1127

SUNDAY 27 SEPTEMBER
21.1
Cape Town Festival 21.1km Classic
Beach Road, Sea Point, Cape Town; 21.1km: 7am
Kanu Sukha 072 210 1127

GAUTENG

CENTRAL GAUTENG

SUNDAY 13 SEPTEMBER
5 10
Douglasdale Community Policing Forum Sector 1 Fun Run
Cooper College, 226 Pritchard Street, Northriding, Johannesburg; 10km, 5km Run & 5km Walk: 8am
Robin Hogg 076 499 6209
sector1.douglasdalecpf.org.za

5 10 21
Fred Morrison 21 & 10km Race and 5km Fun Run
Germiston Stadium, Delville Road North, Delville, Germiston; 21km & 10km: 7am; 5km Fun Run: 7:15am
Les Black 082 552 7866



ED'S CHOICE



WESTERN PROVINCE

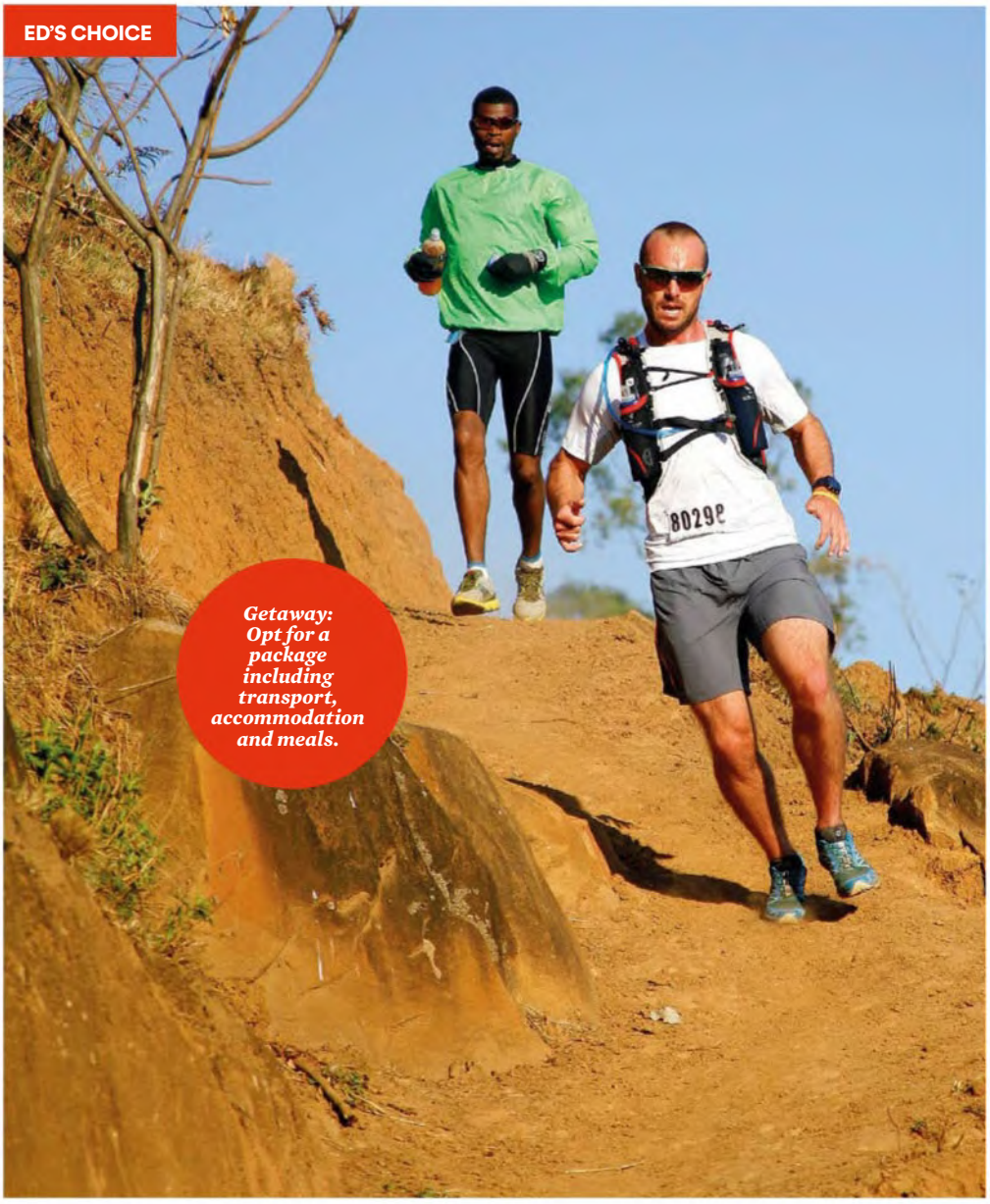
SUNDAY 6 SEPTEMBER
16.1
Satori Camel Run 10-Miler Classic
Noordhoek Sports Field, Noordhoek, Cape Town; 16.1km: 7:30am
Craig Farham 082 410 0261
www.camelrun.co.za

A tough but scenic run through rural Noordhoek, traversing private equestrian estates, vineyards and farmlands, both on and off-road. All finishers will receive a Satori buff and there will be lucky-draw prizes. Entries fill up quickly.

SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: **WWW.RUNNERSWORLD.CO.ZA/RACE-CALENDAR**

PHOTOGRAPH COURTESY OF RACE ORGANISERS

ED'S CHOICE



Getaway: Opt for a package including transport, accommodation and meals.

KWAZULU-NATAL

SATURDAY 5 – SUNDAY 6 SEPTEMBER

4 8 10 18 20 30

The Lynford Country Weekend Trail Runs
Lynford School (close to Ixopo, south west of Durban); 5 September: 30km Umko Descent, 18km Umko Descent & 10km Valley View Trail: 7am; 6 September: 20km, 8km & 4km: 7am
Sue Squires / Sandy 039 834 1927 or Facebook: Lynford Country Weekend

In honour of the twentieth anniversary of the race, there will be a craft market, an auction tent, kids' entertainment, a go-cart derby and motorbike enduro riding. Those taking part in the two-day event will receive two entries into the lucky draw: the prize is a team entry to the 2016 Sani2c. Book a camping spot, and enjoy fantastic catering.



5 10
Zoo Trot
Centenary Lawn at the Johannesburg Zoo, Johannesburg; 10km & 5km: 7:30am
Lebo Mathope 011 712 6817
www.jhbzoo.org.za

SUNDAY 20 SEPTEMBER

5 10 21.1
SASFIN Gerald Fox Memorial Half Marathon & 10km
Johannesburg Zoo, Johannesburg; 21.1km & 10km Run: 7am; 10km Walk & 5km Fun Run: 7:10am
Race Secretary 083 326 0848

GAUTENG NORTH

SATURDAY 5 SEPTEMBER

5 10
Spirit of Flight 10km
Airforce Base Swartkop, Valhalla (Old Johannesburg Road, Northern Entrance); 10km & 5km: 6:30am
Richard 083 986 3821

SATURDAY 12 SEPTEMBER

5 10 21.1
Value Logistics Addicted to Life Half Marathon & 10km
Tshwane University of Technology Campus, Building 21, Staatsartillerie Road (Pretoria West Campus), Pretoria West; 21.1km & 10km: 6am; 5km Fun Run: 6:15am
Leon Bezuidenhout 012 386 9000 / 071 405 5588

WEDNESDAY 16 SEPTEMBER

5 10
Tuks 10km Nite Race
LC de Villiers Sports Grounds, Burnett Street, Pretoria; 10km & 5km: 6:30pm
Mr. Moses 012 420 6174

SATURDAY 19 SEPTEMBER

5 10 21.1
Clover Irene Village Mall Spring Run
Irene Village Mall, Nellmapius Drive, Centurion; 21.1km & 10km: 6am; 5km Fun Run: 6:10am
Wynand Breytenbach 082 937 0733

THURSDAY 24 SEPTEMBER

6 15
Great Run® Series III 15km/6km
Weskoppies Hospital, Ketjen Street, Pretoria West; 15km & 6km: 7am
Mohau Molelekoa 076 480 3435
www.greatrun.co.za

SATURDAY 26 SEPTEMBER

5 10 21.1
Andrew Greyling Half Marathon
Brooklyn Design Square, corner of Veale and Bronkhorst Road, Brooklyn; 21.1km: 6am; 10km: 6:10am; 5km Fun Run: 6:30am
Pieter van Heerden 072 858 1388

PHOTOGRAPHS COURTESY OF RACE ORGANISERS

VAAL TRIANGLE

No races are scheduled for this period.

EASTERN CAPE

BORDER

SATURDAY 5 SEPTEMBER
21.1 42.2
Star Bakery Tony Viljoen Masters Marathon & Walker Half Marathon
Macleantown Road (N6, at the Kabongo turn-off, to Beacon Bay Country Club), East London; 42.2km (runners): 6am; 21.1km (walkers only): 7am
Tony Viljoen 084 291 9029

EASTERN PROVINCE

SUNDAY 20 SEPTEMBER
4 8
Daily Dispatch 8km & 4km Fun Run
Orient Beach Pools Area, East London; 8km & 4km: 9am
Sharonne Dewing 083 318 3853

SATURDAY 26 SEPTEMBER
10 27
Kowie Striders 27km & 10km Run/Walk
The Big Pineapple, Summerhill Farm, R67, Bathurst: 27km; Walk: 7am; Run: 7:30m; Port Alfred Country Club, St Andrew's Street, Port Alfred; 10km: 8am
Lynette Harbrecht 082 811 4908

FREE STATE

SATURDAY 5 SEPTEMBER
5 10 23
Bultfontein Boertjie Kontreifees 'Kom vang gees by ons Kontreifees'
Festival Grounds, Bultfontein; 23km; Walk: 7:30am; Run: 8am; 10km Run/Walk: 8:05am; 5km Run/Walk: 8:10am
Deon Lodder 082 921 3330

5 10
Vic Theron's & Webbers Spring Race
Bloemfontein Achilles Club, Bloemfontein; 10km: 7am; 5km Fun Run: 7:10am
Gordon van Wyk 083 302 2784

SATURDAY 12 SEPTEMBER
5 10
Bloempark Sweet and Eat 10km
Bloempark Church, Charlie Sutton Street, Fichardtpark (behind Southern Shopping Centre), Bloemfontein; 10km, 5km Fun Run & Toddler Run: 7:30am
Bloemfontein Striders (Jaco) 082 416 6779

SATURDAY 19 SEPTEMBER
4 10
Allan Ferguson Round Naval Hill, presented by Twizza
Hamilton Park, Bloemfontein; 10km: 7am; 4km Fun Run: 7:10am
Gordon van Wyk 083 302 2784

NORTH WEST PROVINCE

CENTRAL NORTH WEST

SATURDAY 5 SEPTEMBER
5 10 25
Keystone Milling Rustenburg Mountain Race
Rustenburg Kloof Resort, Donkerhoek Road, Rustenburg; 25km: 7am; 10km & 5km: 7:15am
Nico 083 264 3071
www.rtbmc.co.za

NORTH WEST NORTH

No races scheduled for this period.

NORTHERN CAPE

GRIQUALAND WEST

FRIDAY 25 SEPTEMBER
5 10 21.1
Kalahari Kuierfees Half Marathon
Reitz Park, Jooste Eiland Road, Upington; BVI 21.1km: 5:30pm; KFC Neon Fun Run: 10km: 6pm; 5km: 6:30pm
Carel Burger 054 338 8400 / 082 622 7109

SATURDAY 26 SEPTEMBER
10 21.1
Kimberley Transnet Half Marathon & 10km
Kimberley Pirates Marathon Club, Jacobus Smit Avenue, Kimberley; 21.1km & 10km: 6am
Donald Phillipson 072 598 1445

NORTH WEST CAPE

There are no races scheduled for this period.

KWAZULU-NATAL

SATURDAY 12 SEPTEMBER
5 15
Biggarsberg Mpati Mountain Race
Dundee Junior School, Excelsior Lane, Dundee; 15km & 5km Fun Run/Walk: 2pm
Elmarie van der Westhuizen 083 654 0121 / Siyabonga Ngobese 083 377 8959

SUNDAY 13 SEPTEMBER
10 21.1
SAPS Striders Heritage Challenge
Kings Park Athletic Stadium, Isaiah Ntshangase Road, Durban; 21.1km & 10km: 6:30am
Langa Mhlongo 082 773 7719

FRIDAY 18 – THURSDAY 24 SEPTEMBER
32 161
100 Capital Classic
Pietermaritzburg Oval Cricket Grounds, Pietermaritzburg; 18 September: 32km: 6pm;19 September: 12-hour: 7am; 100 Miler, 24-hour, 48-hour, six-day: 9am; 12-hour Longest Night: 8pm; 20-24 September: 6-hour Evening Sprints: 6pm
Brian Jarmey-Swan 083 496 5980 / John Hall 082 491 7679
www.100cc.co.za

THURSDAY 24 SEPTEMBER
16
The Richmond Challenge
Anglican Church, Byrne to Richmond Primary School, Richmond; 16km: 7am
Sascha Pay 082 655 7780

MPUMALANGA

WEDNESDAY 16 SEPTEMBER
4.9 10
Kanonkop Laerskool 10km
Kees Taljaard Stadium, Middelburg; 10km & 4.9km: 7pm
Naudene van Tonder 082 495 4173 / Francois Labuschagne 079 871 8651

SATURDAY 26 SEPTEMBER
10 25
Boulders 25km
Mara turn-off from N4 (25km from Nelspruit, towards Komatipoort); 25km: 6am; Kaapmuiden Primary School, 4 South of N4, Matsulu, Kaapmuiden; 10km: 6:30am
Deon Valks 082 788 0675

WEDNESDAY 30 SEPTEMBER
4.9 10
Maximed Pharmacies 10km & 4.9km Nite
Standerton Show Grounds, Standerton;
10km & 4.9km: 7pm
Lukas van der Merwe 082 826 9122 / Heidi van der Merwe 072 391 0788

LIMPOPO

SATURDAY 12 SEPTEMBER
80
Hout is Goud Day Breaker 80km Circuit Breaker
Klein Kariba Resort (5km north of Bela Bela); 80km+ (2km circuit): 6am – 6pm (12-hour race)
Erika 082 320 0859 / 014 736 6008

SATURDAY 26 SEPTEMBER
9 21.1 42.2
Two Countries Marathon
Eric Louw High School, Irwin Street, Musina; 42.2km: 6am; 21.1km: 7am; 9km: 7:30am
Ferreira 082 749 0413

TRAIL RUNNING

SATURDAY 5 SEPTEMBER
4.9 10 21.1
Alzu Rhino Run
Alzu Petroport N4 Highway, Middelburg; 21.1km, 10km, 4.9km Fun Run: 7:30am
Middelburg Marathon Club
073 668 4436
www.midmk.co.za

12 20
Cellar2Cellar Trail Run & Wine Experience
Blaauklippen Wine Estate, Strand Road, R44, Stellenbosch; 20km & 12km: 7:30am; Wine Experience: 8:15am – 9:30am (staggered starts)
Iqela Events 082 924 4083
www.iqela-events.co.za

6 12 22
Hollard Jozi Urban Run Adventure (JURA)
Marks Park, Judith Road, Emmarentia, Johannesburg; 22km, 12km & 6km: TBA
Kelly Fraser 083 287 8897

9 20
Namaqua Flower Trail Run
Gifberg Holiday Farm, Vanrhynsdorp, West Coast; 20km: 7:45am; 9km: 8am
Grant Ross grantross6@gmail.com

SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: **WWW.RUNNERSWORLD.CO.ZA/RACE-CALENDAR**

50

Old Mutual Mont-Aux-Sources Challenge
Royal Natal section of Maloti-Drakensberg Park, Ukhahlamba-Drakensberg World Heritage Site; 50km: 5:45am (batch starts with 5 min intervals)
Zandile Masikane ZandiM@wildlands.co.za / Andrew Booth Andrew@kzntrailrunning.co.za
www.wildseries.co.za/mont-aux-sources-challenge

5.8 11.5

Realtors International TSiBA trail run at Bloemendal
M13 Tygerberg Valley Road, Durbanville; 11.5km & 5.8km: 8am
Japie Swanepoel 082 443 3033
www.tsibatrailrun.co.za

7 15

Staalwater Trail Run
The Caledon Casino, Hotel, Spa and Entertainment, 1 Nerina Avenue, Caledon; 15km: 9am; 7km: 9:15am
Dirtopia Trail Centre 021 884 4752
www.dirtopia.co.za

SUNDAY 6 – TUESDAY 8 SEPTEMBER

112

Wildcoast Wildrun™ - DEPARTURE 1
Kei Mouth to Hole-in-the-Wall, Wild Coast; Day 1: 44.2km; Day 2: 35.2km; Day 3: 34km: 8am
Wildrunner 021 821 9898 / 072 438 3242
www.wildrun.com

MONDAY 7 SEPTEMBER

112

Wildcoast Wildrun™ - NONSTOP
Kei Mouth to Hole-in-the-Wall, Wild Coast; 112km: 8am
Wildrunner 021 821 9898 / 072 438 3242
www.wildrun.com

WEDNESDAY 9 SEPTEMBER

4 8

Kinetic Night Trail Run (September)
Randpark Golf Club, Setperk Road, Johannesburg; 8km: 7:30pm; 4km: 7:40pm
Stephan Muller 083 226 3265
www.kineticgear.co.za

5 8

Merrell Night Run Series, powered by Black Diamond
Simon's Restaurant, Groot Constantia, Cape Town; 8km: 6:45pm; 5km: 6:50pm
Tatum Prins 083 449 0760
www.mountainrunner.co.za

SATURDAY 12 SEPTEMBER

16

Piket-Bo-Berg Cycle Challenge & Trail Run
Moutons Valley Farm, Piket-Bo-Berg, Piketberg; 16km: 6:30am
Gus Pickard 076 450 7870
www.piketbobergcyclechallenge.com

40

The Crazy Store Table Mountain Challenge
Jan van Riebeeck Sports Field, De Hoop Avenue, Cape Town; Solo: 40km: 6:45am (in batches); Team: 9.4km/11km/19.6km: 7:45am
Energy Events (Esti Pretorius)
021 424 4579
www.energyevents.co.za

SUNDAY 13 SEPTEMBER

2 5 10 20

Action Gear Spring Break Trail Run
Hobby Park, Krugersdorp; 20km: 7:30am; 10km: 8am; 5km: 8:30am; 2km Kiddies Run: 9:30am
Terence Vrugtman 073 051 5611
www.actiongear.co.za/spring-break-trail-run

SUNDAY 13 – TUESDAY 15 SEPTEMBER

112

Wildcoast Wildrun™ - DEPARTURE 2
Kei Mouth to Hole-in-the-Wall, Wild Coast; Day 1: 43km; Day 2: 35km; Day 3: 34km: 8am
Wildrunner 021 821 9898 / 072 438 3242
www.wildrun.com

WEDNESDAY 16 SEPTEMBER

5 8

Merrell Night Run Series, powered by Black Diamond
Simon's Restaurant, Groot Constantia, Cape Town; 8km: 6:45pm; 5km: 6:50pm
Tatum Prins 083 449 0760
www.mountainrunner.co.za

FRIDAY 18 SEPTEMBER

5 10 21.1

KeyHealth Moon Chaser Night Trail Run Series
Rosemary Hill Farm, 257 Mooiplaats, N4 East Exit, Pretoria; 21.1km WolfPack Super Run: 7pm; 10km Owl Run: 7:10pm; 5km Firefly Run: 7:20pm
Debbie 083 294 5260

SATURDAY 19 SEPTEMBER

2 10 35

Katberg Sky Trail Run
Katberg Eco Golf Estate, Katberg; 35km Sky Trail & 10km Sky Lite: 9am; 2km: 11am
Liam Victor / Sharon Eldridge 082 927 3395 / 083 284 3781
www.katleisure.co.za

7.5 15

Mountain Splendour Mania
Mountain Splendour Eco Resort, Central Drakensberg (close to Winterton); 15km & 7.5km: 7:30am
Dave Ward 082 492 1995
www.wardevents.co.za

11 22

Sanlam Cape Town Marathon Peace Trail
Green Point A1 Track, Cape Town; 22km: 7am; 11km: 7:45am
James Bosenberg 021 821 9898
www.capetownmarathon.com

65

The Giant's Cup Uncut & Corporate Relay
Sani Pass Hotel, Good Hope Farm, Sani Pass Road, Himeville; 65km solo or corporate team relay: time dependent on weather conditions
Matt Goode 072 907 3818
www.thegiantscupuncut.co.za



ED'S CHOICE

NORTH WEST

SATURDAY 19 SEPTEMBER

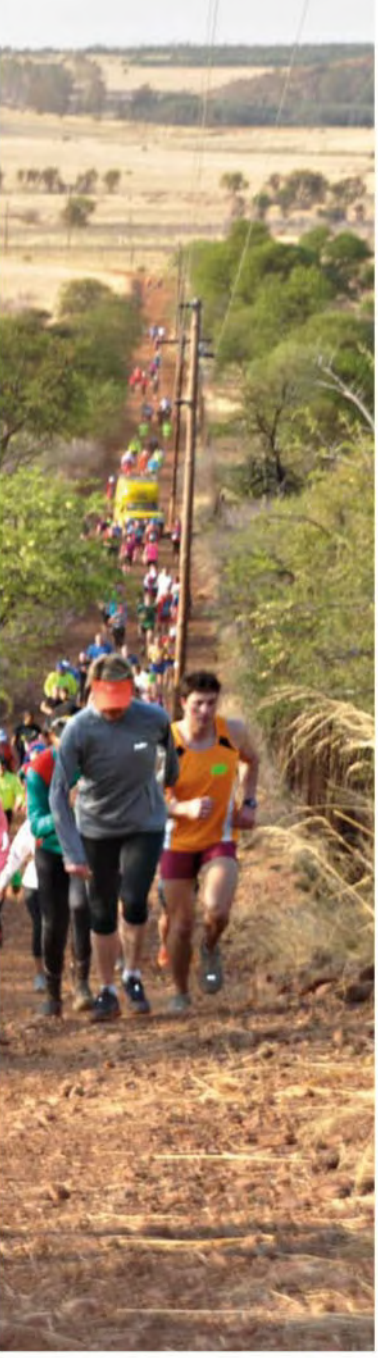
2.5 5 10 21.1

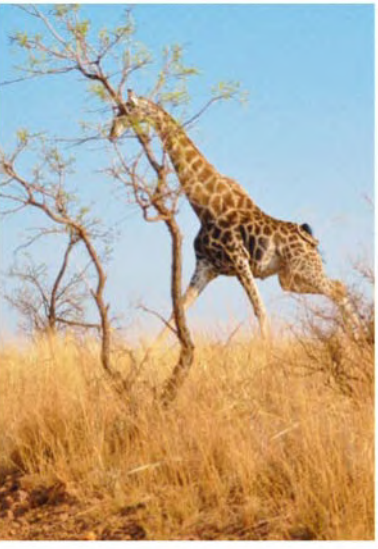
PG Glass Vlakvark Trail Run
Faan Meintjies Nature Reserve, Klerksdorp; 21.1km, 10km, 5km & 2.5km: 7am
Robin Stocken 082 469 3330 / Marius van Heerden 082 487 7290
www.klerksdorpmarathon.co.za

Jeep track, singletrack and hilly sections wind their way through a reserve abundant with wildlife, including white rhino, blue wildebeest, antelope and giraffe. Proceeds from entries go to Hospice, but donations are also welcome. There are braai facilities.



PHOTOGRAPHS COURTESY OF **RACE ORGANISERS**





SUNDAY 20 SEPTEMBER

7 12

Full Stride Spring Trail Run
Muratie Wine Farm, Knorhoek Road, Koelenhof, Stellenbosch; 7km: 8am; 12km: 8:15am
Dirtopia Trail Centre 021 884 4475
www.dirtopia.co.za

WEDNESDAY 23 SEPTEMBER

5 8

Merrell Night Run Series, powered by Black Diamond
Simon's Restaurant, Groot Constantia, Cape Town; 8km: 6:45pm; 5km: 6:50pm
Tatum Prins 083 449 0760
www.mountainrunner.co.za

SATURDAY 26 SEPTEMBER

5 24 32

Lammergeyer Mountain Challenge and Xtreme Trail Run
Lady Grey Country Club, Lady Grey; 32km & 24km: 7am; 5km: 8am
Pieter du Preez 083 294 9477

10 55

Marloth Mountain Challenge (MMC)
Marloth Mountain Reserve (between the towns of Swellendam, Ashton, Barrydale and Suurbraak; 55km solo / team relay (23km, 17km & 15km): 6am; 10km Marloth Mountain Run: 8am
Wildrunner 021 821 9898
www.mountainchallenge.co.za

20

Old Fisherman's Trail Challenge
Hout Bay to Fish Hoek Beach, Cape Town; +/-20km: 8am
Race contact 082 643 6186
www.fishermanschallenge.co.za

SUNDAY 27 SEPTEMBER

4 8

Redberry 8km & 4km Trail Run
Redberry Farm, Geelhoutboom Road, Blanco, George; 8km & 4km: 2pm
Daniel Raubenheimer 083 376 7414

TUESDAY 29 SEPTEMBER

5 10 21.1

KeyHealth Moon Chaser Night Trail Run Series
Bloemendal Wine Estate, M13, Durbanville; 10km Owl Run: 7:15pm; 5km Firefly Run: 7:20pm
Debbie 083 294 5260

ADVENTURE RACING

FRIDAY 4 & SATURDAY 5 SEPTEMBER

Lilyfontein Adventure Race
Distances: 110km Corporate Challenge; 55km Corporate Croc; 110km Corporate Duo; 30km Family Fun Race; 6km Grade 1-3; 12km Grade 4-5; 30km U/13; 55km U/15; 55km U/19
Disciplines: cycling, running, hiking, paddling, tubing, obstacles, orienteering
Lilyfontein School, East London
Website: www.lilyfontein.co.za

THURSDAY 24 SEPTEMBER

IMPI Challenge Obstacle Trail Run GP#2
Distances: IMPI Challenge (10-12km with 18 obstacles); IMPI Dash (5-7km with 12 obstacles); IMPI Elite (15-20km with 25 obstacles); IMPI Corporate (10-12km with 18 obstacles); IMPI Mini (1km)
Disciplines: Running, obstacles
Van Gaalens Cheese Farm, Hartbeespoort
Impi Challenge 076 772 3735
Website: www.impichallenge.co.za

MULTI-SPORT

THURSDAY 3 – SUNDAY 6 SEPTEMBER

Cape Town Corporate Games
V&A Waterfront, Cape Town
Disciplines: action cricket, action netball, badminton, chess, dragon boat, golf, karting, lawn bowls, netball, running, soccer, soccer 5s, squash, table tennis, tag, tenpin bowling
Website: www.corporate-games.com

THURSDAY 24 SEPTEMBER

Afriman Duathlon 2015
Babbas Lodge, Bultfontein
Afriman: 10.7km trail run, 70km road cycle, 5.7km trail run
MINI Afriman: 6km trail run, 23km road cycle, 3km trail run
Website: www.francosport.co.za/Afriman

NEIGHBOURING STATES

NAMIBIA

For more info on Namibia events, contact Wilma van Niekerk on +264 81 127 0707 or niekerk1@iafrica.com.na

ZIMBABWE

For more info on Zimbabwe events, contact Lady Rowena Melrose on +263 77 230 0953 or rowena.melrose@gmail.com

WALKING

WESTERN PROVINCE

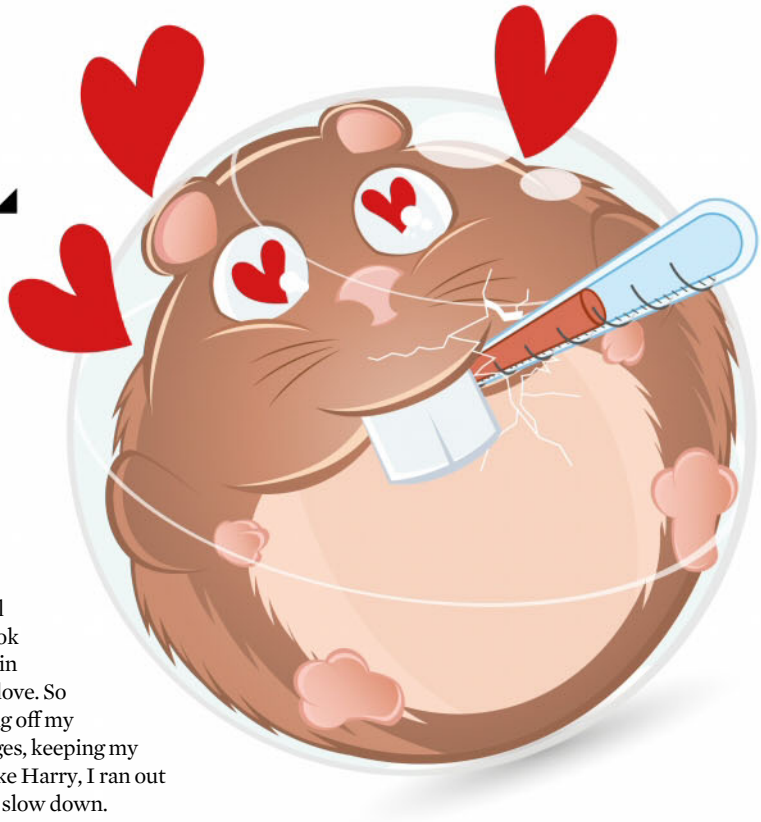
MONDAY 28 SEPTEMBER

Tygerberg Full Moon Fun Run & Hike
Welgemoed entrance of the Tygerberg Nature Reserve, Plattekloof, Cape Town; 5km: 6pm
Wildrunner Office 021 821 9898
www.wildrunner.co.za



Back of the Pack

BY BRUCE PINNOCK



FEVER!

Sugar-coat it with newborn lambs all you like – running in spring is perilous.

When spring springs, juices course through your body and you feel alive. Restless, you pull on your tackies and set off for a run. In the throes of 'spring fever', you can easily find yourself running too fast – all that pent-up restlessness – but the biggest danger of them all is that you could be hurtling headlong into love. There's no cure for that.

On our first run of spring, we chanced upon a little old man, trundling determinedly. We would've passed him without so much as a backward glance, only Wendy noticed he was running with a hamster (don't be silly, it wasn't on a lead. It was tucked into the waistband of his poly shorts). Understandably, we were curious.

"It's a long story," the old codger began to explain; and the hamster rolled its eyes skyward in that heard-it-all-before manner. "I take my hamster for a run every year, on the anniversary of the day my wife and I met."

Sensing a love story, Wendy's eyes lit up.

With unblinking eyes, he continued: "It was spring. I was feeling restless. My hamster, Harry, had been afflicted with a similar problem, and his solution had been to get on his wheel and go flat out until he flopped down on a ball of cotton wool, exhausted. Inspired, I went out for a run – deciding I'd take Harry along with me, lest he run himself into an early grave."

UNBLINKING EYES

"But there were other runners on the road – several ladies, in fact. When I noticed a beautiful derriere as I overtook them, I knew I was in danger of falling in love. So I focused on running off my terrible, restless urges, keeping my eyes down. Until, like Harry, I ran out of steam and had to slow down.

"That meant she passed me, and even though I barely saw her face, her derriere was, as any poet would describe it, a thing of beauty – a joy forever. I picked up my pace and overtook her again, in a bid to put her behind me, once and for all. But I couldn't keep it up, and she passed me again.

"I kept my eyes down... more or less.

"Then I turned a corner, and there she was. She had stopped. Bent over in exhaustion, hands on her knees, I knew it was her. I would've recognised that ass anywhere. I froze. She had spotted me.

"'Is that a hamster?' she enquired.

"Ever thought it's not just hamsters that suffer from it?"

"I stuttered a little, suddenly tongue-tied, and then asked her if she was okay.

"'Yes,' she replied. 'But at this time of year, I'm inclined to run too fast.'

"'I kn-n-n-now what y-y-you mean,' I empathised. 'My-hamster-has-the-same-problem.'

"She studied Harry's unblinking eyes, and then she said, 'He looks so sad. His cute little ears have dropped so forlornly. Is he in love?'

"'I-i-i-it's the t-t-t-time of year,' I tried to reason. 'He-just-has-to-run-off-his-"spring-fever".'

"'Poor Harry,' she said, and then she looked at *me* with unblinking eyes. 'Ever thought it's not just hamsters that suffer from it?'"

Then the old man broke into song: "Now you've listened to my story, here's the point that I have made. Spring was born to give you fever, be it Fahrenheit or Centigrade."

Wendy found the story overwhelming. "And your wife? Please don't tell me she's..."

At that moment, an old lady caught up to us. She winked. "When we first met, he was too shy to talk to me, and instead he kept trying to overtake me, all the while staring at my derriere. For a while, I let him stew, but eventually I took pity on him and let him use the hamster as an ice-breaker." With that, the pair toddled off, arm in arm, the hamster between them.

"That can't be the same hamster," Wendy realised, misty-eyed nonetheless. "Love lasts longer."

ILLUSTRATION BY ISTOCKPHOTO

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TIME 09H00 TO 20H00 | TICKETS– R85

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